HOT DATES
WITH BACHELOR SAM

NEW WEEKLY!

NW

KHLOE'S SURGERY CRISIS

'HELP! MY BUM IMPLANTS ARE LEAKING!'

COULD THIS BE THE END FOR KHLOE'S FAMOUS BADONK?

BUFF BABES!

Strong is the new skinny

DOUTZEN'S CORE RULES #FITSPO

HOW TO GET J.LO'S ABS IN 35 DAYS!

Inside Scott's party house

FILTH, DRUGS & GIRLS

Cara & Kendall

'YES, WE'RE IN LOVE'

EXPLOSIVE TELL-ALL!

CELEB STAFF DISH THE DIRT

HOT SHOTS

'You sure this is how you do push-ups?'

'Why hasn't Victoria's Secret called yet?'

WINGING IT
The Only Way Is Essex star Chloe Sims isn't fooling anyone with her angelic attire. As she films the show's carnival-themed finale, we all know she's more sinner than saint!

BATTER UP!
If those stains are anything to go by, Nick Jonas isn't afraid to play dirty during a Sunday League baseball game in LA.

'Hey, there's a full moon tonight!'

TOUGH GIG
It's all part of the daily grind for Robbie Williams as he puts in another day at the office. The Brit crooner's getting saucy with guitarist Tom Longworth at the Paleo Festival in Switzerland.

'I always get to first base'

Striking look, Nick!

'You want me to spank it, Robbie?'

STUCK IN A STRUT
Maxidress, mega style! Nicole Richie is candidly colourful as she hits the set of *Extra* at LA's Universal Studios.

HOT SHOT

GAME ON!
You know what they say – choose a job you love, never work a day in your life. No wonder it's all fun and games for Ashley Benson at the New York premiere of her new action-comedy *Pixels*!

BIG, BAD JUDGE
As Rita Ora blows a kiss to fans at the London *X Factor* auditions, fellow judge Simon Cowell tries to ruffle Cheryl Fernandez-Versini's feathers with a goofy photobomb. It'll take more than that to cramp her style, mate!

WHAT A DISH!
What's cooking, good-lookin'? Not much. Host Karla Martinez is too busy feeling abs to knead dough when hunky Jake Gyllenhaal drops by the Miami set of *Despierta America*.

UNDEAD MEAT
We're not surprised everyone wants to sink their teeth into Minka Kelly during the *Call Of Duty Black Ops III Zombies* Escape Room Challenge at San Diego's Comic-Con. She looks tasty!

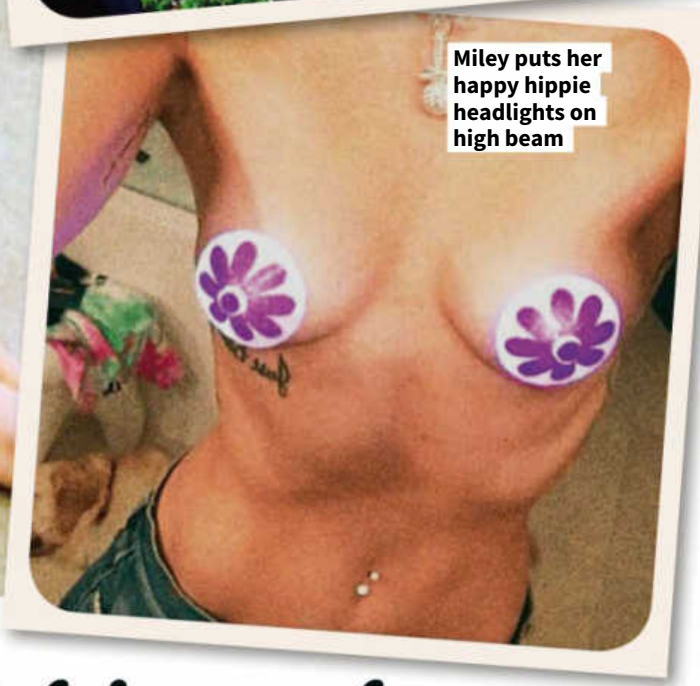
IT'S THE SIMPLE THINGS.
Campbell's

Er, you've forgotten something, love!

It might be time for Miley Cyrus to step away from the bong, because girlfriend keeps forgetting to put on her clothes! But given that the singer's celebrating it via an endless string of naked Instagram snaps, it doesn't look like getting dressed will be featuring on her to-do list any time soon. And as much as we're down with putting it all on show, we're kind of grateful for the 22-year-old's Photoshop prowess and wizardry with wacky nipple pasties and well-placed 'fros, as we're somewhat prone to blushing. What we really want to know is who's been taking the photos...

Smiley Miley's never been one to beat around the bush

Stop making a monkey of yourself, Miley!



Miley puts her happy hippie headlights on high beam

This week's OMG moment

Life's a beach!

We're feeling for body-conscious Kim this week (p14), but the gorgeous mum-to-be ought to take a leaf out of Miley and Lilo's book and let it all hang out!

Meanwhile, Nina (p42) and Heidi (p39), are sunning it up in St Tropez while we shiver here in Oz. Jelly much?

We've also got a major case of ab envy after copping a load Doutzen's rock-hard bod (p24). But all is not lost – we've got the scoop on how to DIY J.Lo's abs in just 35 days (p60)!

Want the perfect wardrobe to dress those perfect abs? Check out our global fashion special (p50), guaranteeing you a round-the-world ticket to style.

Enjoy the issue!

Hilary

Hilary Bloomfield
DEPUTY EDITOR

Inside NW this week

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Khloe's nightmare

'HELP! MY BUM IMPLANTS are leaking!'

Has the curvy star taken it too far?

When you're a member of the kurvy Kardashian-Jenner klan, baby better have back – and the bigger the better!

While rumours have been doing the, ahem, rounds for years that bootylicous reality sisters Kim, Khloe and Kylie have sought cosmetic help to boost their bottoms, meddling with mother nature has come back to bite Khloe on the butt.

Yep, we hear one of her silicone implants has collapsed!

Indeed, the left side of the 30-year-old's usually bouncy badonkadonk was looking decidedly deflated as she rocked up to her LA gym recently!

"Khloe was doing her daily mirror inspection and noticed one of her butt cheeks had become smaller overnight and was an odd shape," spills our exclusive insider. "She freaked out, convinced her implants had leaked."

Understandably nervous about her lopsided whoopie cakes, we're told KoKo wasted no time running to her plastic surgeon for some emergency repair work.

But with her butt growing bigger by the year, friends are concerned that her penchant for posterior procedures is causing too much damage to justify it!

"Khloe has been in a lot of pain and has been advised to have her butt implants taken out, but she's reluctant," spills our insider.

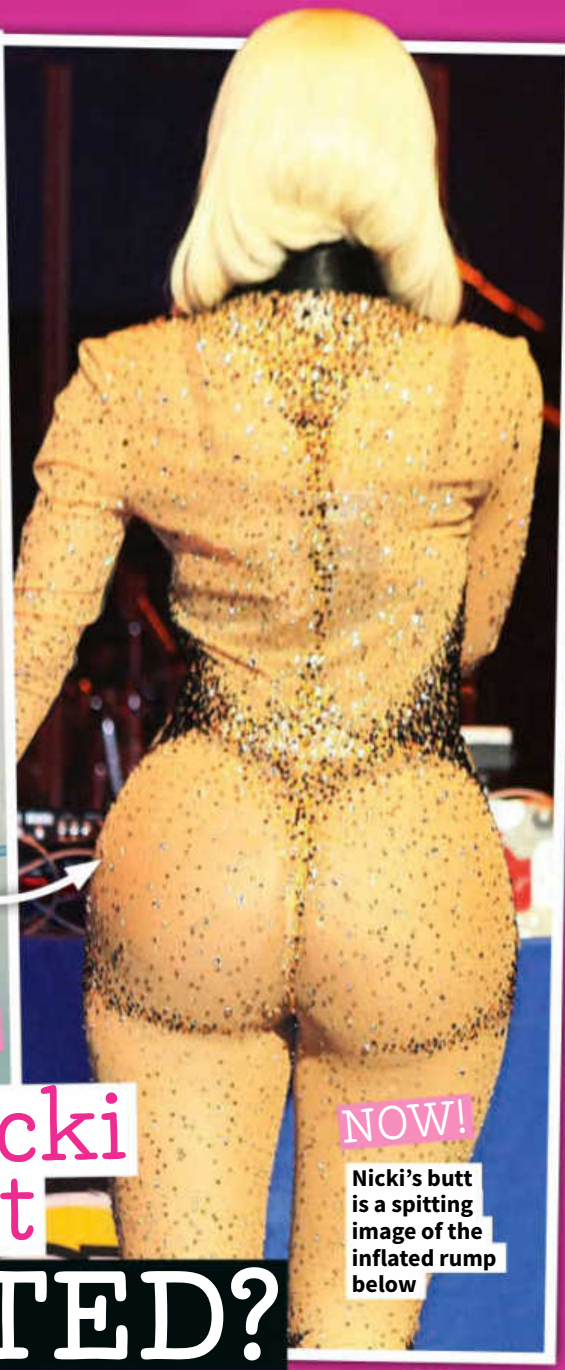
"She's getting so much attention for her curves, there's no way she wants to go back to her pre-surgery body."

Well, that's a bummer... ■

SHERRI DISSES KHLOE!

Former *The View* panelist Sherri Shepherd took aim at KoKo's voluptuous caboose when she uploaded graphic snaps of botched bum implants on Instagram. "Ladies stop going to these basement/back alley folks. It's not worth it – gotta ask @khloekardashian where she got hers," she wrote. Burn!

THEN



NOW!

Nicki's butt is a spitting image of the inflated rump below

Did Nicki just get BUSTED?

After much speculation, is this the cold hard proof that Nicki Minaj had silicone butt implants to help inflate her anaconda bait? Celeb news site MediaTakeOut has published before and after photos it alleges were taken at the 32-year-old singer's plastic surgery clinic before she hit the big time! Still, Nicki refuses to confirm nor deny the rumours!

"I don't mind the questions, I don't mind the fascination... But I've said this before, it doesn't define me. So I try my best not to focus my energy on it," she says. "You know, people are sitting in the barbershop talking about my butt, it's conversational. That's what people are gonna do. As long as they're talking about Nicki Minaj, I'm good."

Well, they do call it a money maker!

Picture proof?

Nicki's staying mum on her bum, but these pics don't lie.

Medical photos: MediaTakeOut.com

Louis's 1D baby

'I wan DNA

Is the singer's unborn baby a bona fide love child or a meticulously planned moneymaker?

Louis's lawyers are concerned

From party-boy pop star to freaked-out father-to-be, Louis Tomlinson's world was turned upside down by the bombshell news former fling Briana Jungwirth is pregnant with his bub!

But just when we thought things couldn't get any more complicated, reports have emerged that the cashed-up singer – whose net worth is estimated to be a tidy $45 million – is demanding a DNA test to make sure the sprog is his!

"As supportive as he is, Louis is determined to take a paternity test before he writes any cheques, because the financial packet Briana's in for is going to be substantial," says our exclusive source.

And while we're told the One Direction singer is concerned that asking for a DNA test will be a slap in the face to his LA babymamma, his legal team is insisting on it for his protection.

"At the end of the day, this is Hollywood and people have done stranger things to make a buck!" adds our insider.

But not everyone's been so diplomatic when commenting on the saga, with one report shockingly questioning the motives of the 23-year-old stylist – who only hooked up with Louis a handful of times after they met at an LA nightclub in February.

'THIS WHOLE SITUATION IS A MESS'

"This girl isn't who you think she is," an insider claims to US mag *In Touch*. "She's not very maternal and has even told people she doesn't want kids. She's also had a lot of boyfriends and had sex with one of them in the jacuzzi at her complex."

The report also alleges Briana's mum Tammi Clark is chomping at the bit for a fast track to fame.

"[She's] always wanted to be famous and feels this is her big break," reckons the *In Touch* insider, while a family friend even tries to back the claim, adding that

PHOTOS: FACEBOOK, COURT DOCUMENT VIA *NATIONAL ENQUIRER*

y drama
t a
test!'

LAZY LADY?
The *In Touch* source says Briana 'barely does anything except lie by the pool'.

Tammi loves that her granddaughter will have a celeb dad.

"Tammi's been bragging to anyone who'll listen about her 'One Direction baby'," dishes the friend.

Looks like Louis had better get used to the wonderful world of parenting, Hollywood-style! ■

FAMILY TIES
Briana still lives at home in Calabasas with her half-brother Austin, mum Tammi and stepdad Brett, who she butts heads with. "She has screaming fits in their apartment and all the neighbours hear it," claims the *In Touch* source.

We hear Brett thinks Briana's so irresponsible that he and Tammi will most likely raise the baby

Could Angie LOSE ZAHARA?

Angelina Jolie and Brad Pitt are facing every parent's worst nightmare – losing one of their kids.

Yep, according to a shock new report in US mag National Enquirer, the family are in crisis mode after eldest daughter Zahara announced she wants to return to her native Ethiopia to be reunited with her biological mum!

"Zahara has been asking a lot of questions about her background. She wants to know the truth," an insider claims to the mag.

"Zee says, 'I want my real mother! I want to be with her!'"

While Ange, 40, has no problem with the 10-year-old learning more about her heritage, she's terrified that if they visit Africa again, her daughter will want to stay!

Zahara's revelation is said to be like a 'punch to the gut' for Ange

Legal minefield
The adoption caused a scandal when it was revealed Zee's birth mum was still alive.

Betrayed
Already feeling vulnerable, Kanye and his roving eye are an unwelcome worry for Kim.

Furious Kim has told Kanye to delete his Amber treasure trove, stat!

KIM'S FU

Kanye c WITH A

The insecure star cracks it over the rapper's obsession with his sexy ex!

The last thing any woman needs when she's four months pregnant is the revelation that her man's been checking out other chicks, let alone his ex!

But according to reports, that's exactly what happened to Kim Kardashian, who has hit the roof after catching hubby Kanye West ogling former flame Amber Rose's saucy Instagram snaps.

Making matters worse, when the 34-year-old took a closer look at the rapper's computer, she was devastated to discover that he's been hoarding intimate photos and videos of Amber!

"Kim was sobbing and confronted Kanye, telling him he'd betrayed her, but he reassured her none of it was a big deal," an insider tells UK magazine *Closer*. "He explained they were just old photos he hadn't deleted."

Of course, the nasty find comes at a bad time. While Amber continues to proudly parade her assets, Kim's so insecure about her body that she's put together a pregnancy panic kit (see page 14).

And although a rep for Kim denies the *Closer* report, it

Are these recent Amber Insta pics the ones Kanye was looking at?

Photos: Instagram

TOO HOT TO HANDLE

Amber's exhibitionist tendencies have plagued pregnant Kim. "She feels insecure about her changing body and hates seeing Amber parading her amazing figure," spills the insider.

Are Kanye and Amber still in touch?

wouldn't be the first time her husband's fixation with Amber – who alleges "home wrecker" Kim was the reason they split in 2010 – has caused tension.

Not only has Amber, 31, claimed Kanye, 38, was texting her just two nights before tying the knot with Kim last year, but the exes were also both spotted at Drake's LA pool party last month!

"He can't be faithful and it's not just with one person," Amber sniped in 2012. "He's just unfaithful with a lot of different women."

Of course, that can't exactly be music to Kim's ears.

"She sometimes feels like Amber is the third woman in their marriage," continues the insider.

"[She] just wants something to be done to erase her out of their lives." ■

RY

aught

MBER!

The source says Kanye 'doesn't feel he's done anything wrong'

Playing innocent?

The image-conscious mum is ready for anything this time around

Kim's Pregnancy PANIC KIT

Picture-perfect Kim Kardashian isn't letting a little thing like pregnancy get in the way of being #selfieready. In fact, the paranoid mum-to-be has put together an emergency beauty kit to have on hand 24/7 in case of a crisis!

Carried by an assistant, the collection of quick fixes includes instant firming cream and tweezers to whip out any stray hormonal hairs, but that's not all, folks!

There's also a cream to temporarily relieve 34-year-old Kim's varicose veins, body foundation to hide blemishes and a full contouring set to tame the double chin she's thanks to the 10kg she's already gained during the pregnancy.

And after being snapped with her feet looking painfully swollen (below) during her pregnancy with two-year-old North, she's got compression socks and ankle boots on hand, not to mention an endless supply of Spanx!

"Kim knows she can't help the fact she's getting bigger," says our insider. "But she's still got this idea that she has to be perfect at all times." ■

CONTOURING TOOLS
Clever contouring kits are a must when it comes to hiding extra padding around her face and neck.

BOOB BESTIES
When it comes to her chest, Kimmy never leaves home without cream to conceal varicose veins or oil to combat stretch marks.

BAGGY CLOTHES
Our insider says Kim's convinced her figure resembles a teapot and has been hiding her growing belly beneath a range of oversized coats.

SPANX
In a bid to minimise wobbly bits, flatten her bump and boost her famous bum, Kim often slips on multiple layers of Spanx.

DRUGS
Never one to miss a money-making opportunity, Kim's been hawking Diclegis morning-sickness pills on Instagram and Twitter.

She's not taking any chances!

FOOT FRIENDS
Compression stockings reduce swelling, while ankle boots hide cankles if she has to go out in public.

Kim's already hating the weight gain

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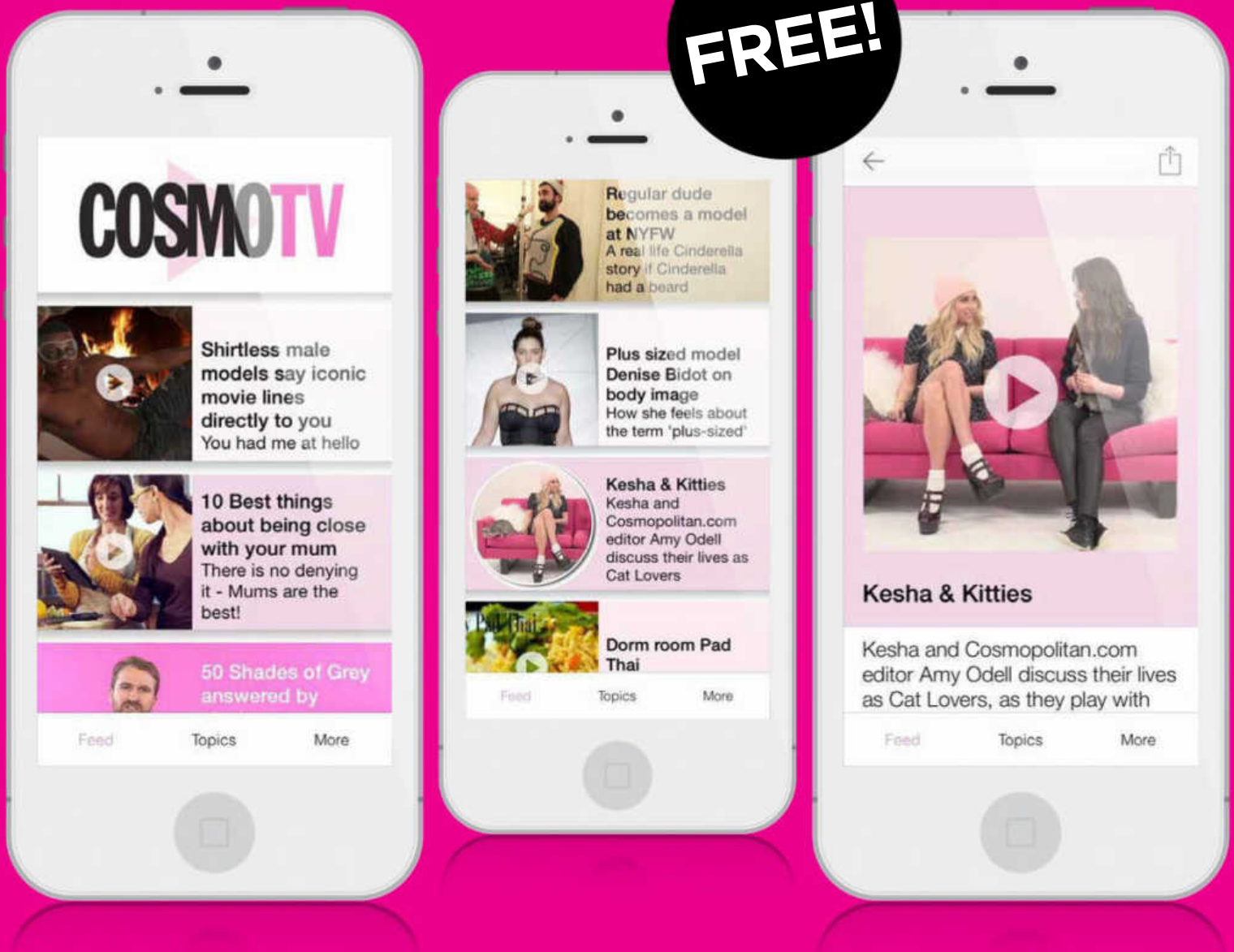

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Cara & Ke… we're

Has the Brit's crush on her BFF KO'd her romance with St Vincent?

THE OTHER WOMAN
The model pair may have put on their best "We're just good friends" act at the LA *Paper Towns* afterparty on July 18, but Cara's ladylove is far from comfortable with the situation!

Nothing complicates a relationship quite like a red-hot attraction to a third party. But it seems no-one warned lady-loving Cara Delevingne, who can't keep her hands off her hot bestie Kendall Jenner!

Indeed, Cara's obsession has become so bad,

Cara's Instagram posts seem to indicate she's aware of the damage their intimacy is doing!

Photos: Instagram

ndall 'Yes, in love!'

her girlfriend of eight months, US singer St Vincent – also known as Annie Clark, 32 – has reportedly threatened to walk if she doesn't sort herself out!

It can't have helped then that Cara and fellow model Kenny were practically joined at the hip at the LA premiere of Cara's new flick *Paper Towns*.

"They were all over each other, kissing and cuddling. They didn't care who saw them!" reports one onlooker. "They were having the time of their lives!"

And while Cara – who only last months declared that "being in love with my girlfriend is a big part of why I'm feeling so happy" – has always been close with the 19-year-old *Keeping Up With The Kardashians* star, their flirting has certainly stepped up a notch.

"When Cara and Kendall are together they grab each other's boobs and sit on each other's laps. They even sleep in the same bed," reveals an exclusive insider. The smitten pair even have their own collective nickname – CaKe!

And despite Cara insisting she'd never stray, she's the first to admit she has a tendency to self-sabotage.

"It's like, if anything is good for too long, I prefer to ruin it," she confessed.

Sadly, it seems Cara may succeed in doing just that.

"Annie just doesn't want to deal with the drama," says our source . ■

COLD FRONT? During recent outings, onlookers claim that Cara and St Vincent appear to be "going through the motions."

The cracks were showing as far back as March, when they were snapped having a heated row in LA

'Back off, girlfriend!'

K-Stew's FLYING SOLO!

Kristen Stewart and personal assistant-cum-girlfriend Alicia Cargile may have been inseparable when they hit up Paris Fashion Week earlier this month, but word is K-Stew's back on the singles market!

We're told the 25-year-old has dumped her gal pal due to her "controlling" and "clingy" ways – including constantly snooping on Kristen's emails and texts!

"At first Kristen loved being taken care of, but as time went on it got to be way too much. Alicia was picking out her clothes and even telling her who she could and couldn't hang out with," spills an exclusive insider. "Kristen felt really suffocated."

Another one bites the dust!

She attracted some strange looks living it up in Mykonos last week

What a hoot! LiLo couldn't wipe the smile off her dial as she celebrated her freedom.

She's kept her head above water since completing her community service

LILO'S Jail break

If a G-string and leotard had a baby...

After seven years on probation, Lindsay's diving head first into her freedom!

Like Greece, Lindsay Lohan's no stranger to financial troubles, but the struggling star clearly wasn't letting it get her down as she hit the sun-soaked shores of Mykonos last week with a gaggle of man friends!

Indeed, the flame-haired actress was so carefree on her first extended post-probation vacation – after taking a staggering seven years to finally complete her 125 hours of community service last month – she wasn't even bothered that she'd forgotten her togs!

But while the unusual lacy G-stringotard and briefs combo she rocked as makeshift swimmers may make for some interesting tan lines, it could also boost her bank balance.

Yep, it turns out the wacky beach get-up is part of her collaboration with UK fashion label Lavish Alice – and she's certainly drawn the world's attention to it!

'WHAT HAPPENS IN GREECE STAYS IN GREECE'

Still, it's not all been plain sailing. Despite LiLo declaring she's making a "fresh start", we shudder to think what mischief the hard-partying 29-year-old had in mind when she captioned an Instagram snap, "What happens in Greece stays in Greece."

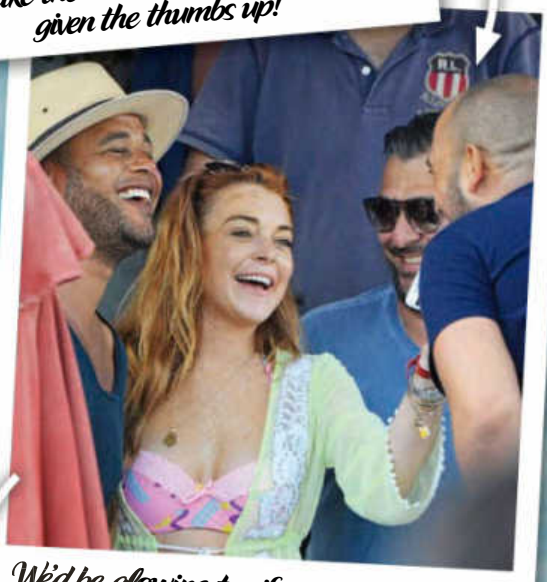
After all, from her 2007 arrest for drink driving and cocaine possession to her seven trips to rehab, LiLo's wild ways have never exactly done her any favours.

At least there's no law against *diving* under the influence... ■

Ego trip

"Killed it #majorsituation," Linds wrote of her unusual attire on Instagram.

Looks like the troubled star's finally been given the thumbs up!



We'd be glowing too if we were in Greece with these tanned hunks of spunk

Might be time to cut the maniacal laughter, LiLo – the guy in the blue is getting nervous

When it comes to beach fashion, she insists on total transparency

Gigi's TRIA

The model of the moment just can't seem to make up her mind!

Joe doesn't look too happy as he and Gigi hit 1OAK in the Hamptons on July 19

With her stunning looks, a promising modelling career and a bulging bank balance to boot, Gigi Hadid has the world at her feet – and her pick of hot boys to choose from.

So it's hardly surprising the fun-loving model wants to have her cake and eat it, too – by apparently dating not just her current beau Joe Jonas, but also her ex-boyfriend Cody Simpson!

Yep, despite officially splitting from the Aussie singer at the beginning of May, a fresh report alleges Gigi, 20, couldn't resist going back for a second helping at a D'Angelico Guitars party in New York.

"They were together the whole night, sitting on a couch, basically on top of each other," an onlooker told *The New York Post* of their steamy encounter. "They were being very affectionate, and kissed more than once."

But the very next evening Gigi was back in Joe's arms at New York nightclub Game, where spies say they spent the night "kissing and hugging". Girl's got game!

Needless to say, when Joe caught wind of the reunion with Cody, he hit the roof, reportedly

Photo: Instagram

Couple nickname!

"Introducing G.I. JOE," Cara Delevingne captioned this snap last week.

Something to say, Joe?

We bet Joe, 25, got a rise out of his love rival Cody when he hinted a possible bundle of joy might be heading his and Gigi's way! The cheeky chap shared an Instagram snap of himself wearing a T-shirt emblazoned with the word "Daddy" while Gigi licked his neck. Your move, Cody...

LOVE NGLE

Gigi and Cody are having trouble moving on

Ex appeal
Cody admits he still loves Gigi and always will!

demanding that Gigi have her rep publicly insist they'd only "talked briefly".

For his part, Cody's also played down his relationship with the stunner.

"We still talk every now and then," he admits, but insists he's not out to cause trouble for her and Joe.

"I'm sort of impartial to the whole thing and try to remain nice to everyone and not cause any bad blood or anything," he says, before adding tellingly, "I love my ex-girlfriend, I always will."

But when it comes to her two guys, we're told the truth of the matter is that Gigi simply can't make her mind up!

"Gigi has no issue with dating more than one guy at a time and both Joe and Cody are so lovesick for her," continues our insider. "She doesn't want people to know she's still hooking up with Cody, for Joe's sake and for her own reputation.

'GIGI HAS NO ISSUE DATING MORE THAN ONE GUY'

"While Cody will agree to almost anything, this situation's been a bitter pill for Joe to swallow, but he's too into her to walk away. Cody just can't let go, either – both of them are getting totally played by her." ■

SCOTT'S HOUSE HORRO

Mood swings see Scott go from the life of the party to down in the dumps in an instant

What's really going on inside his filthy party palace?

Kourtney Kardashian had better put the lawyers on speed dial! Things could get messy between her and estranged babydaddy Scott Disick now that she's reportedly banned him from seeing their kids without supervision!

What's more, we hear the reality star took the drastic action after learning the fast-living father-of-three had turned his new $5 million Beverly Hills crib into a 24-hour party pad – complete with a revolving door of hotties, hedonistic hangers-on and hoochie-loving hip-hop stars!

Yep, a number of photos emerged of scantily clad women being driven onto the property by music producer and renowned player Jamal "Mally Mall" Rashid – and Kourt's decided enough is enough!

The 36-year-old was spotted last week visiting the Century City office of the Kardashians' go-to divorce lawyer Laura Wasser – the same woman who assisted sisters Kim and Khloe during their respective splits from hubbies Kris Humphries and Lamar Odom.

"Since Scott's moved into his pad, it's been one nonstop party," reveals an exclusive insider. "It's become an open invite around Hollywood clubs, and hot young girls are being told that Scott's is the place to be."

THE GIRLS

Scott's frolicked from France to Florida over the past two months, but it seems things are just as wild back home in Beverly Hills. A gaggle of young, scantily clad girls have been snapped getting dropped off at his home by a fleet of luxury vehicles, with one girl apparently wearing nothing but a bathrobe! And while Scott insists they were there to shoot a music video with Mally Mall, eyebrows are being raised left, right and centre.

GIRL #1

GIRL #2

You booze, you lose

OF RS

The benders

He was even hospitalised last year after things got out of hand in the Hamptons.

It's party central at Scott's

And thanks to the never-ending blow-outs, we're told the house has become a dump littered with ashtrays, bottles and fast-food wrappers.

It hardly sounds fit for Mason, five, Penelope, three, and seven-month-old Reign – who last week had their first supervised visit with their dad since the split – to spend the night at.

But it's not just his own crib that Scott's turned into a den of iniquity.

Radar Online has uncovered a video that seems to show the bad boy – who was branded "a cokehead" by ex-manager David Weintraub earlier this year – passed out next to a plate of white powder as young women party up a storm at the Florida home of one of their parents!

According to the website, the party then kicked on back at Scott's suite at the nearby Boca Beach Club.

Add to that the whispers we're hearing that he pounds a bottle or two of vodka per day and things aren't looking good at all for the troubled star.

'HE'S TRYING TO BE AS DESTRUCTIVE AS POSSIBLE'

Indeed, there's speculation Kourt could now get full custody of their children.

"Scott loves his kids, but he's totally throwing away his chances at shared custody," adds our insider. "It's like he's trying to be as destructive as possible and couldn't care less about anything anymore." ■

KOURT'S KILLING IT!

While Scott's world descends into chaos, it's the picture of tranquillity over at the Calabasas home he once shared with Kourtney. As well as taking to her new life as a single mum like a duck to water, a new diet and fitness regimen has her looking and feeling amazing – with sources saying she's dropped an impressive 9kg in recent months! And the kids seem to be doing pretty well, too. "How we get around our house," she captioned an Instagram video of herself playing with her brood while wearing a one-piece swimsuit. Does Scott know what he's missing?

Tiny dancer
"You don't even sweat!" Doutzen says of Ballet Beautiful.

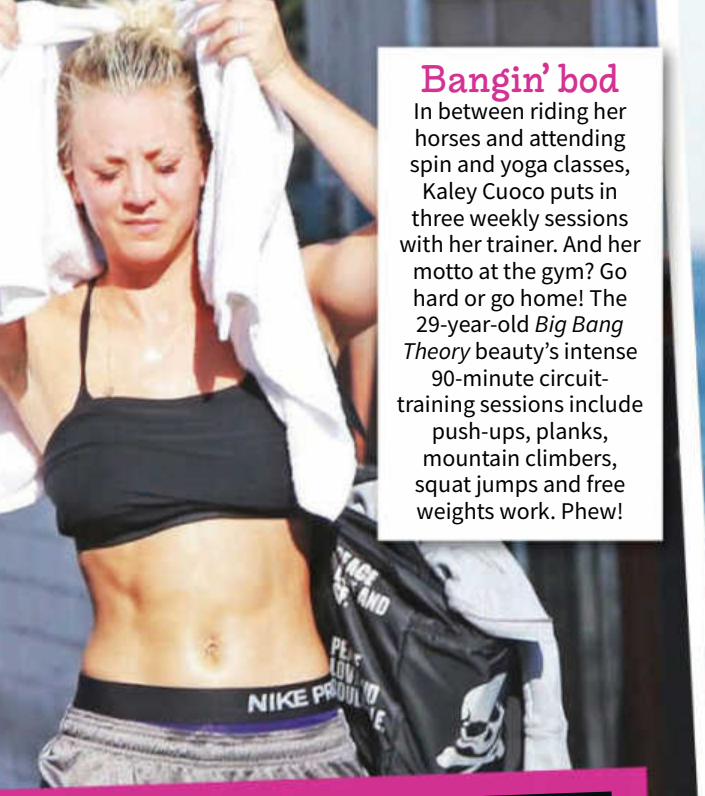
Holy hotness!

Abs-olutely fabulous!
Day-um, girl! Dutch model Doutzen Kroes sculpts her lean, mean muscles with three dance-based Ballet Beautiful sessions a week. Don't assume the 30-year-old's work-outs are all pretty pirouettes and dainty high kicks, though – the low-impact moves are designed to rock your body to the core!

B

Bye-bye, broccoli – hello, barbells! These sexy stars know everything's better in high definition!

'WOMEN HAVE LESS TESTOSTERONE, SO THEY WON'T BULK UP'



Bangin' bod

In between riding her horses and attending spin and yoga classes, Kaley Cuoco puts in three weekly sessions with her trainer. And her motto at the gym? Go hard or go home! The 29-year-old *Big Bang Theory* beauty's intense 90-minute circuit-training sessions include push-ups, planks, mountain climbers, squat jumps and free weights work. Phew!

Toned and taut

Skinnygirl cocktails founder Bethenny Frankel is rocking one washboard waistline! The 44-year-old *Real Housewives Of New York City* star builds her body with yoga and never denies herself her favourite treats. "If we're living in a world where pasta and alcohol are wrong, then I don't want to be right," she tweets. "Depriving yourself will, ironically enough, lead to rebelling and weight gain."

UFF babes

Strong is the new skinny

Looking for some #fitspo? These ripped celebrity bods should do the trick!

But don't go starving yourself – the latest trend among A-listers is swapping diets for dumbbells!

"Resistance training is what gives muscles shape and tone, perfecting that bikini-body look," confirms Instagram celeb and personal trainer Kayla Itsines.

Worried you'll get too muscly? Don't be – as celeb trainer Harley Pasternak explains,"women have less testosterone than men, so they won't bulk up".

And the more you exercise your ripped rig, the more you can treat yourself!

"I work out a lot because I like to eat," says super-toned LeAnn Rimes.

How could we resist?! ■

Sharni Vinson

The former *Home And Away* hottie credits regular boxing lessons with fine-tuning her rig. "All the twisting action is fantastic for your abdominals!" says the 32-year-old.

Jada Pinkett Smith

The 43-year-old likes to focus on her legs and bum, which means stair workouts and plenty of squats. "It's a serious lower-body workout," she says.

LeAnn Rimes

With ripped abs and great guns, 32-year-old LeAnn says she finds physical strength "empowering". "I don't know how much weight I lift anymore," says the singer. "All I know is it's seriously heavy!"

Vanessa Paradis

You don't need the gym, says actress Vanessa, 42, who shapes up at home. "I love yoga or Pilates. I have tapes and I do it on my own," she reveals.

This week's BIG QUESTIONS

Cheat's guide to all the goss!

1 ARE CAIT & LAVERNE LA'S NEW POWER COUPLE?

Nope, but they get on like a house of fire! Yep, Caitlyn Jenner and transgender *Orange Is The New Black* star Laverne Cox had a ball at an advance screening of the 65-year-old's new reality show *I Am Cait* last week.

Not only did Laverne, 31, caption Instagram snaps of their encounter – which she described as "pretty awesome" – with hashtags like #TransIsBeautiful and #girlslikeus, she couldn't stop gushing about the former Olympian.

"She's such a sweet woman," she told *Late Late Show* host James Corden, but added of Cait's high-profile life, "I don't want that."

Caitlyn and Laverne were joined by a whole bunch of proud transgender women

***I Am Cait* premieres Monday 9.30pm on E!**

Photo: Instagram

2 WHY DID TOM & SIENNA SPLIT?

Four years and one gorgeous daughter later, inability to see eye-to-eye has forced Sienna Miller and fiancé Tom Sturridge to call time on their relationship.

According to insiders, while Tom, 29, was keen to set a date for their wedding, Sienna, 33, wanted to focus on her career and raising little Marlowe, three.

And while they enjoyed a trip to Ibiza earlier this month, pals say they've been living separate lives for months.

"They seemed to be trying to keep it up for Marlowe," spills a source. "But neither wanted to live a lie."

Back in May, a rep claimed Sienna wasn't wearing her engagement ring in Cannes as it wasn't 'appropriate' for her outfit choices

3 HAS CODY AND JUSTIN'S FRIENDSHIP GONE UP IN SMOKE?

Cody Simpson might want to vet his social media posts a little more carefully in future. After a night out at LA's Sunset Marquis Hotel with Justin Bieber and Niall Horan, Cody posted a Snapchat video that showed a suspicious-looking pipe lying in full view on the table in front of them!

"Dude, someone said it was a crystal meth pipe," Cody, 18, told a reporter of the yellow smoking tool – which he swears wasn't used for illicit drugs – admitting he "probably wouldn't have" shared the vid if he'd realised the pipe was there.

And it seems Biebs, 21, has major regrets about the clip's release, too!

"Bieber texted me, 'You're a f**king idiot,'" reveals the Aussie. "He was kinda joking."

You'd hope so...

Can't Belieb it! Justin was not amused by Cody's gaffe.

***GoT* co-stars Kit and Ben out and about in Belfast on July 22**

4 IS THIS PROOF JON SNOW IS ALIVE?

After his character Jon Snow was stabbed in a mutinous season finale, *Game Of Thrones* star Kit Harrington broke a million hearts around the globe by insisting Jon was "dead" and "not coming back next season". But it seems he may have been pulling our collective leg, as Kit was spotted last week chilling in Belfast, Northern Ireland, where the show is filmed. After fans tweeted pics of him arriving at Belfast airport, the 28-year-old was snapped going for a stroll with his *GoT* co-star Ben Crompton! Hurrah!

5 HAS RIRI SNAGGED MILEY'S EX?

Just when we thought Rihanna, 27, was happily loved-up with her French soccer star beau Karim Benzema, 27, she goes and gets her flirt on with Miley Cyrus's party-boy ex Patrick Schwarzenegger!

After initially being refused entry to West Hollywood nightclub 1OAK, a classic "Don't you know who I am?" moment saw 21-year-old Pat eventually get past the doormen and make a beeline for RiRi's table, where he proceeded to chat her up. What a player!

This week's BIG QUESTIONS

Cheat's guide to all the goss!

6 DOES MARIAH HAVE A SHOE PHOBIA?

Not from where we're standing! In fact, Mariah Carey's luxe New York pad has a walk-in wardrobe reserved solely for her vast footwear collection! The singer's recent Insta-brag revealed just a small section of what Mariah called "my favourite room in the house", which is home to about 1000 pairs of couture, colour-coded shoes and boots. Yep, we're pretty jealous, too...

Photo: Instagram

Demi and her girls threw a pool party at their home as recently as last month

8

DEMI DEATH POOL

Partyer drowns at actress' home

Is Demi liable?

The actress could be facing a lawsuit for failing to secure the pool!

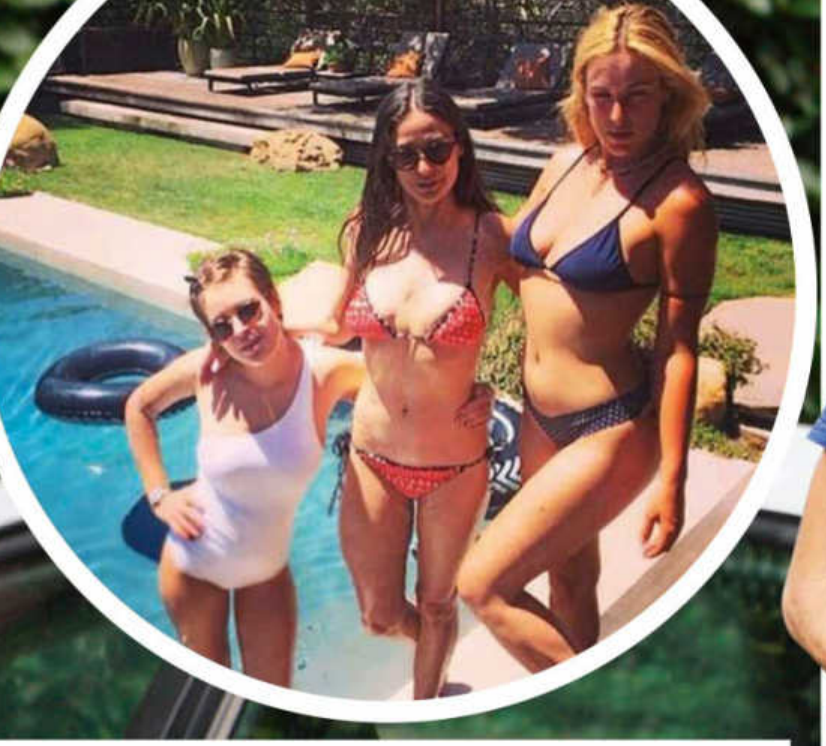
7 IS CALVIN THE BEST BOYFRIEND EVER?

They've only been dating since February, but Calvin Harris is already pretty sure Taylor Swift is a keeper!

In a new interview, the Scottish DJ labelled Taylor, 25, "an incredible cook and human being" before listing the many reasons he adores her.

"It's not even a case of ticking all the boxes. There's boxes that I didn't even know existed she ticks," gushes the smitten 31-year-old.

"We can both travel very easily and that's one of the reasons why it works so, so well. It's really not hard to see each other on a regular basis." Cute!



WHAT HAPPENED AT DEMI'S HOUSE?

Demi Moore's rep says the actress is in "absolute shock" after a 21-year-old student named Edenilson Steven Valle was found dead in the pool of her Beverly Hills home earlier this month.

The discovery was made following a get-together held by the 52-year-old's house-sitter while she was in Paris and her daughters Rumer, 26, Scout, 24, and Tallulah, 21, were in New York.

"The party stopped around 2.30am and at five o'clock one of the people at the house found him at the bottom of the pool," reveals LA County assistant chief coroner Ed Winter. "According to the witnesses, he had a couple of beers. He was not a big drinker and he said he didn't know how to swim very well."

Chris didn't look too happy about spending Valentine's Day with his ex this year

9 ARE CHRIS AND GWYNETH AT WAR?

The, er, honeymoon period following Hollywood's most amicable "conscious uncoupling" seems to be well and truly over!

Gwyneth Paltrow took a thinly veiled stab at ex-hubby Chris Martin, 38, while discussing the co-parenting of their kids – daughter Apple, 11, and son Moses, nine – at a bloggers' conference in New York on July 17.

"We've gone through really difficult times with it, but we've always said these children are our priority," the 42-year-old began.

"What that really means is, 'Even though today you hate me and you never want to see me again, like, we're going to brunch, because it's Sunday and that's what we'll do!'"

Ouch! That's Chris told then!

10 IS TENNESSEE A CHIP OFF THE OLD TOTH?

Not if this adorable pose is anything to go by! Toddler Tennessee takes right after his mamma Reese Witherspoon!

Proving that he inherited her Southern sass, the actress shared this super-cute Instagram snap of the two-year-old – whose dad is talent agent Jim Toth, 45 – during their vacay in the Bahamas last week.

"Sweet lil walks with this sweet lil guy #Vacationmood," the 39-year-old captioned the pic.

We reckon he could do a mean bend and snap, too!

Photo: Instagram

LOOK OUT, LADIES – HE'S NOT PLAYING COY!
ONCE HE GUSHES FOR YOU, HE'S COMING FOR YOU!

BIEBER'S HIT LIST

The Block 2013 winners Alisa and Lysandra find working from home gives them the flexibility to balance family time with their flourishing interior design company.

youi INSIDER SERIES.

INSIDER SERIES. *Alisa & Lysandra*

Let **Youi** take you on a tour inside the daily lives of some of Australia's most intriguing personalities.

THE TWINS' DAY LOOKS LIKE THIS...

7am: Alisa squeezes in an early spin class, followed by a green smoothie, before taking her son to day care. Across town, Lysandra packs lunch for her two sons and gets her eldest ready for school.

9am: The work day kicks off with Alisa and Lysandra preparing for an interior design consultation. They discuss mood boards, timelines and the desired look and feel for the client's space.

12pm: Lysandra spends some time online, sourcing designer tiles for an upcoming project. Her three-year-old son, Cohen, helps out by suggesting what style she should choose. Then it's off to the park, where Lysandra juggles her emails while pushing the swing.

3pm: It's a busy afternoon as Alisa and Lysandra star in a photo shoot for an upcoming project. The girls glam up, are briefed and are ready for their close-up.

7pm: It's back to Mum duties like dinner, baths and bedtime stories. The boys always have 10 million excuses why they can't go to bed!

11pm: With the kids asleep at last, it's back to work catching up on emails, sourcing furniture and updating social media before finally, bedtime, ready to do it all again tomorrow.

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EXPLOSIVE TELL ALL!

HOLLYWOOD

TALK TO THE HAND

Employees, be warned – bother Beyonce, 33, with small talk and her mum Tina Knowles will let you know exactly where you stand! "I used to work for a limo company and we've driven many celebrities," writes one disgruntled driver. "Beyonce was a total bitch. [The driver] asked her and her mom how a recent stay in Alaska had been, to which her mom cleared her throat and said, 'Uh yeah, she doesn't speak to the help'."

PR NIGHTMARE

It's a well-known fact that divalicious singer Nicki Minaj, 32, knows what she wants – and she won't stop until she gets it. But the rapper's rude antics pushed one publicist who worked with her to the limit! "Nicki Minaj is an entitled, self-absorbed bitch who will not be famous in 5 years", snipes the PR. Tell us how you really feel!

RUDE FOODIES

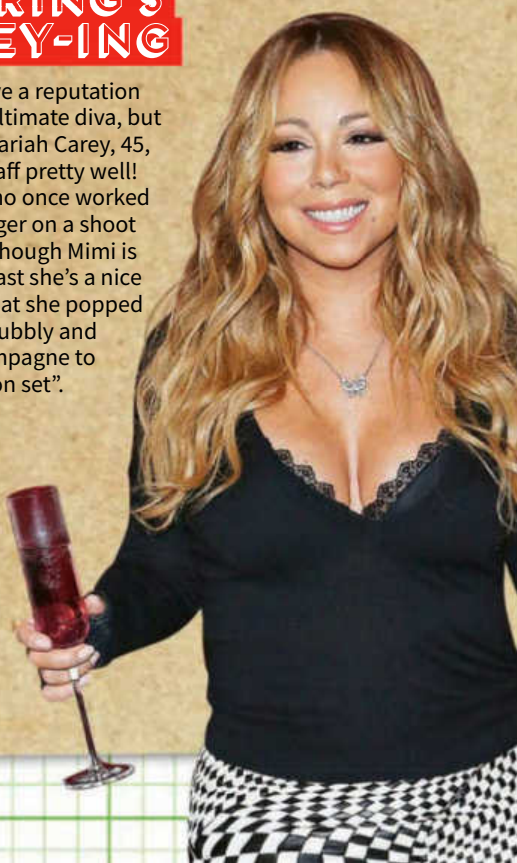
"I worked for Will Smith as a chef, he was a real douche!" one Redditor writes of the 46-year-old. "He and his little brat [Jaden] were all picky... and expected everything [to be] ready in one minute without notice." Woah, that ain't the Will we know!

J.LO BLOW!

A Reddit user who worked on the set of one of Jennifer Lopez's music videos in The Bronx overheard the 46-year-old bashing The Block "I don't like coming back to this shithole," J.Lo allegedly moaned. And a New York restaurant worker adds that she once "insisted on smoking inside" until the owner "actually had to threaten to kick her out".

SHARING'S CAREY-ING

She may have a reputation for being the ultimate diva, but it turns out Mariah Carey, 45, treats her staff pretty well! A publicist who once worked with the singer on a shoot says that although Mimi is erratic, "at least she's a nice cray", adding that she popped a bottle of bubbly and "offered champagne to everyone on set".



NAME

LOST IN TRANSLATION

Maybe Justin Bieber, 21, is a bit shy – he'll only talk to strangers via his heavies! "I literally had a conversation with that little prick through his bodyguard as a translator," says an insider. "I would say something to him, bodyguard would repeat it to Bieber, Bieber would answer to his bodyguard, and the bodyguard would repeat it to me. ALL IN ENGLISH."

JUNK ROCKER

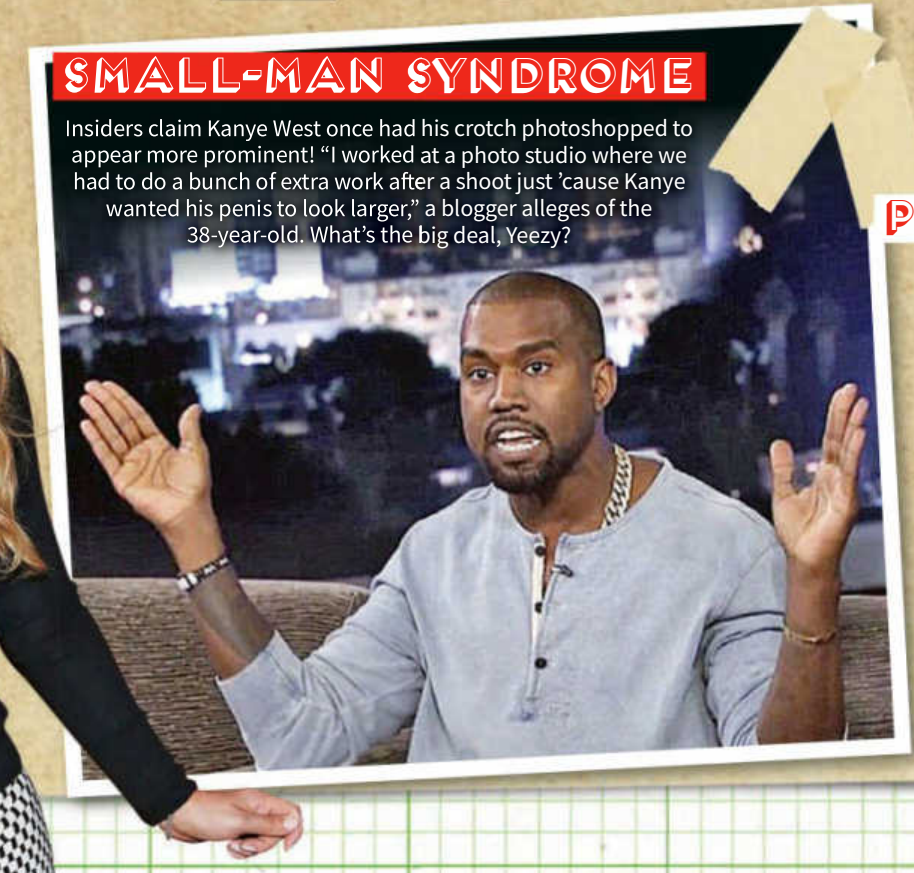
Rihanna's former publicist claims the singer's a slob who snoozes on the job! "She literally fell asleep in the make-up chair in full reclining position," the Reddit snitch writes of RiRi, 27. "She spoke to NO ONE and had her assistant go out and get the stankiest takeout food, even though there was a ridiculous spread full of both healthy and non-healthy stuff."

HELP *hit back!*

A-list staffers spill the beans on Reddit – the good, the mad and the downright nasty!

SMALL-MAN SYNDROME

Insiders claim Kanye West once had his crotch photoshopped to appear more prominent! "I worked at a photo studio where we had to do a bunch of extra work after a shoot just 'cause Kanye wanted his penis to look larger," a blogger alleges of the 38-year-old. What's the big deal, Yeezy?



PROBLEM CHILD

An extra on the set of her 2013 flick *Adult World* describes Emma Roberts, 24, as "incredibly immature and childish". "[She] clung to the male actors and spewed out drivel," say the insider, adding that she only drinks shots "because beer and wine make you fat" and "demands toast everywhere she goes." Yikes!

The WEEK in PICS

The writing's on the wall

Will Smith's infamously weird and wacky son **Jaden Smith** is blowing our minds once again – by getting a job! Decked out in flares and sporting an impressive 'fro, he's on the New York set of Baz Luhrmann's new project, a Netflix musical drama series called *The Get Down*. Jaden plays a 1970s South Bronx graffiti artist Marcus 'Dizzee' Kipling,, which should prove a better creative outlet than his space-cadet Twitter feed!

He's got real flares for acting

Parenting by the book

In the wake of their seventh birthday, **Angelina Jolie**'s taking her two youngest kids, twins **Knox** and **Vivian**, to a book store in Studio City, LA, to get a few prezzies. But judging by the looks on their faces, the stylish youngsters are none too happy about all the reading material being thrust up on them! Better stick to *NW*, guys...

'I can tell this will be a heavy read!'

'Really? More Maleficent DVDs?'

'This is a really weird way of downloading, Mum'

It's a hard-Knox life...

The WEEK PIC

Jen's dodgy business

We're not sure we'd be looking this elated just minutes after we were almost hit by a car! Luckily, it's all part of the script for **Jennifer Garner**, who's in Atlanta filming *Miracles From Heaven* alongside her onscreen daughter **Kylie Rogers** co-star and **Queen Latifah**. As she laughs and pulls faces on set, you'd never guess she she was going through a divorce with estranged hubby Ben Affleck. Always the professional!

'This is the kerb I kicked him to!'

'Why are you so happy?!'

'Just whooped Ben's ass in Words With Friends!'

'Look out, Bieber's behind the wheel again'

'Quick, help me hold Kylie back!'

Get your mind out of the gutter, Jen!

It takes three to street tango!

Thorne birds

'Maybe this fame thing will rub off on me'

Feeling a little cold, Kaili?

'See, they're as hard as steel!'

There's no dress code, but the ab code is strictly enforced!

'Guys are always checking out my phone'

Doesn't she know it's rude to butt in?

Wouldn't you know it? Just as **Bella Thorne** – accompanied by her Brit actor beau **Gregg Sulkin** – and her half-sister **Kaili** rock up to the Just Jared Summer Bash pool party in LA's Hancock Park wearing barely there bikinis, the heavens open up! Fortunately, while the storm frizzes their tresses a little, it fails to dampen their spirits – after all, when you're this hot, drying off quickly's a cinch!

The WEEK in PICS

Ahoy there, me lady!

Looking a little bit nautical and a whole lot of nice (much like our fashion spread on page 48), **Selena Gomez** is really earning her style stripes! Putting body critics to shame, the singer – who turned 23 last week – looks happy, healthy and smoking hot rocking sailor threads for a beachside shoot in Malibu. Maybe she's trying to get the attention of a certain pirate. Cough, cough, Orlando Bloom,...

'This old thing? It's just something I picked up at a sail'

Wanna know what her earrings cost? A buck an ear!

Sel's amazed people still print photos

'These Daisy Dukes get right up my bum!'

A few test polaroids to ensure everything's shipshape...

'C'mon, buddy – maritime is money!'

The photog's on board with Sel's navy style...

Vito floats Heidi's boat

Life's pretty cruisy for **Heidi Klum** as she hits the water with toyboy **Vito Schnabel** in St Tropez, France – and we think we know why. He's the only one doing any paddling in their inflatable kayak!

'I think we've got a puncture'

'Don't worry - I brought my floaties!'

Watch where you're going, guys –we'd hate to see you on the rocks!

No mystery who hogs the hair product in their household!

Beckham boys' day out

Brooklyn Beckham is the big brother we all wish we had! Forget bringing a lady friend to the Nickelodeon Kids' Choice Sports Awards in LA – he's all about bros before babes! The doting lad takes his younger siblings **Romeo** and **Cruz** to mingle with athletic types like **Hope Solo**, the goalie for the US national women's soccer team. Score!

The Week in Pics

They take street fashion super seriously!

Lady and the vamp

It seems **Alexa Chung** is resorting to a tried and true method for catching a taxi in New York's East Village – showing some leg! And just in case the cabbie's a big fan of vampire shows, *True Blood* hottie **Alexander Skarsgard** flashes his fangs. That's teamwork!

Real Wilde child

Actress **Olivia Wilde** is dressing up – and down – on the Manhattan set of her new TV series, HBO's as-yet-untitled rock 'n' roll drama set against the backdrop of New York's inconic 1970s music scene. Her co-star **Bobby Cannavale** doesn't look quite as impressed with her amazing red gown as we are, but with that shirt we don't think he's in any position to lecture!

'Admit it – it's a bit nippy around here'

'I'm sitting pretty'

'I couldn't decide whether I wanted tee or coffee'

'You might want to light a match in there'

Split happens...

The WEEK PASS

'Wet hair, don't care'

'Hold on to your bikini!'

'Where did you learn to drive?'

Winning on the water

Is it just us, or does it look like **Nina Dobrev** has a bit of a Taylor's Squad 2.0 situation going on? Holidaying on a yacht in St Tropez with a group of model-esque girlfriends, the former *Vampire Diaries* starlet sure doesn't mind showing us how awesome her life is! From the bikini bods to luxe location, she's leaving us 50 shades of green!

'Hello, buoys!'

Kick up your heels, Nina!

She's queen of the world!

Eva's high as a kite!

She's Down Under to judge Specsavers' search for Australia's most stylish specs wearer, but that doesn't mean **Eva Longoria** doesn't have time to play tourist and brave the Sydney Harbour Bridge Climb. Sure, the baggy jumpsuit isn't exactly what we're used to seeing her in, but she still manages to make it work!

Don't look down, Eva!

Celebs DOWN UNDER

Koala-ty time

What's cute, sassy and having a great time in Sydney? Well, it can't be this disgruntled koala, so it's gotta be **Amy Schumer**! The funny lady gets up close and personal with the furry local at Taronga Zoo before hitting the red carpet with co-star **Bill Hader** for the Sydney premiere of her new film *Trainwreck*.

Hot or NOT

From the fab to the drab

Two outfits in one night!

HOT Samantha Jade

Sporting not one, but two smashing red-carpet looks at the Runway Weekend launch in Sydney, Sam proves a master at styling black leather. From the chic white mini to the dandelion tee and cage heels, she's nailed it!

HOT Victoria

From her on-trend wide brim down to her fab ankle boots, Vic's all over the casual-cool vibe. The pop of colour makes it perfect for spring and the playful braids add a touch of whimsy.

NOT

Nicole Trunfio

We're not saying your outfit is rubbish, Nicole – it's just that it reminds us of a black rubbish bag tied at the waist. A stronger print would have saved this look.

NOT

Nick Cannon

OK, Nick – if you were a skateboard-riding wannabe soldier from Hawaii in the '90s, this outfit might be appropriate. But you're not...

HOT

Cara Delevingne

Twinkle, twinkle, sexy star! Like Cara herself, this quirky, sparkling frock loves attention, while the long sleeves keep it elegant. With the unusual cut-out across the chest and dark nails, she's all set to rock and roll!

HOT

Amy Schumer

Wait... You can crack us up without even trying and look this effortlessly elegant on the red carpet? We absolutely must take you home with us!

Hot or NOT

HOT

Emily Ratajkowski

Despite the hint of sizzling sex appeal that Em's black lingerie delivers, her boho-ish outfit retains a classy, effortless look thanks to nude accessories and loose, tussled hair.

HOT

Kendall & Kylie Jenner

The teen stars are working different ends of the colour spectrum here. Kenny's dramatic black and gold is classic red-carpet glam, while Kylie opts for pastel hair and regrowth to completment her cool, Kimmy-inspired neutrals.

HOT

Rachel McAdams

We guess Rachel's 2013 time-travel flick *About Time* inspired her to go back to the '80s for some suit inspo. She's a tangerine dream in this power outfit. Talk about fierce!

PYJAMA DRAMA

Rihanna

More than two decades after Kate Moss made headlines hitting the red carpet in a sheer slip in 1993, Rihanna is still rocking the jim-jams look – and it's hot! Even with slippers, RiRi's favourite trend is sexy as hell and packs way more "come hither" sass than boring old bedroom eyes!

NOT

Cheryl Fernandez-Versini

Chez's '60s-inspired dress is so busy it seems she's trying to cram the entire decade into one outfit! The colours, the print, the scalloped trim... It's too much!

HOT

Gwyneth Paltrow

Gwyn's nailing the seasonal transition by pairing summer shorts with a dark blazer and leather boots. She's looking sharp and ready to roll, rain or shine.

NOT

Ashley Benson

Oh look – it's smart-casual Barbie! No, wait... Ashley's just gone a little overboard on the strawberries-and-cream satin. The matchy-matchy accessories are totes overkill.

INSTAglam

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TIP
A preppy red jacket elegantly pulls together casual stripes and denim separates.

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Hottie Poppy Delevingne looks fabulous in flares

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MOLLINI
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styletread.com.au

TOPSHOP
$89
topshop.com

OASIS $63
oasis.andotherbrands.com

TIP

You could rock Jess's look with your existing wardrobe – all you need is a white tee, cuffed jeans and tan accessories.

WORLDLY wonders

Fasten your waist belts – we're taking you on a chic wardobe staycation

Jessica Hart

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Kim Kardashian

Kate Bosworth

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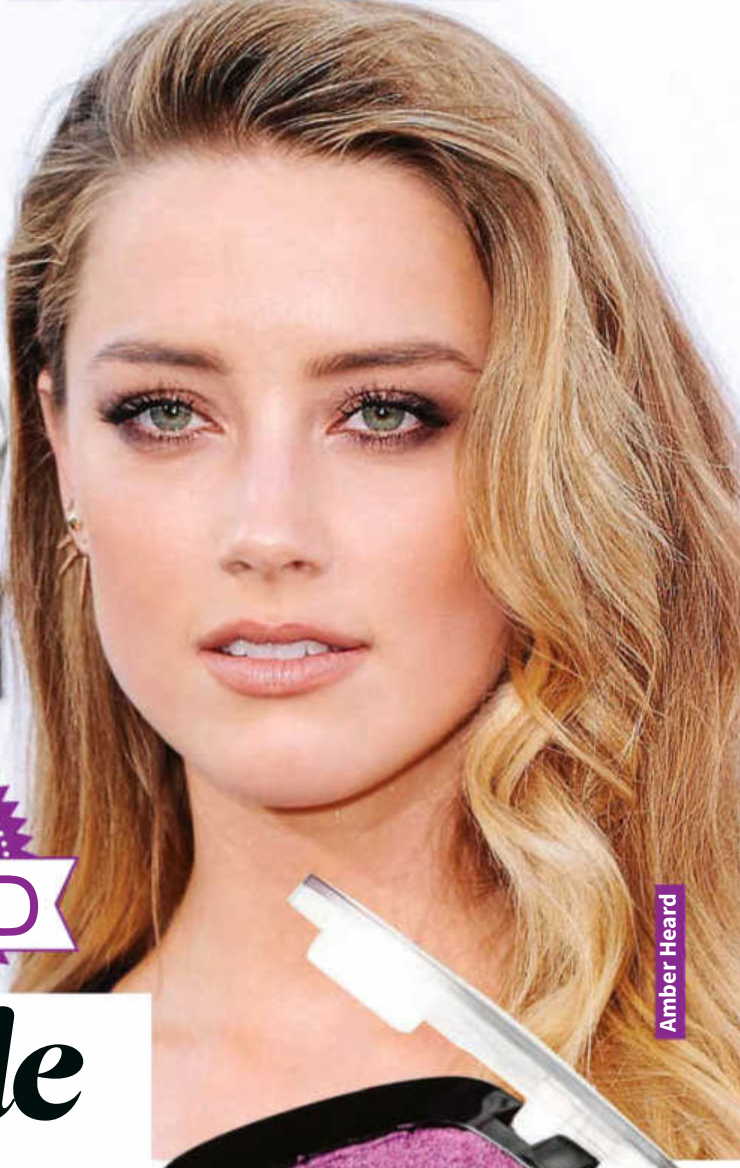

Amber Heard

on TREND

Purple peepers

Give your gaze an amethyst twist

Lavender and lilac have been gracing the lids of countless A-listers lately – and it just happens to be one of the easiest trends to DIY! Emulate Amber with playful plum tones or make like Sarah and opt for dark, moody hues. No matter what your eye colour, a dash of purple will really make it pop!

Designer Brands Chubby Eye Crayon in Chromed Lilac **$7.99**
dbcosmetics.com.au

COVERGIRL Bombshell ShineShadow in Ohh La Lilac **$8.99**
1800 181 040

L'Oréal Paris Colour Riche Mono Eyeshadow in Mauvie Star **$19.95**
1300 659 359

Urban Decay Anti-Aging Eyeshadow Primer Potion **$34**
mecca.com.au

Rimmel Glam'Eyes HD Eyeshadow in Victoria's Purple **$15.95**
1800 812 663

Max Factor Excess Shimmer Eye Shadow in Pink Opal **$19.95**
1800 181 040

Rule of plum

1. Prepping with an eye primer intensifies punchy purple pigments.
2. Keep this look modern – not like an '80s #TBT – by lining your eyes in black or deep plum.
3. Contrast colours with a shimmery shade in the inner corner of your eyes.

Rugby League Week +

Dolly Doctor

Harper's Bazaar TV

Gourmet Traveller Restaurant Guide 2014

Gourmet Fast

TV Week

Cosmo TV

Cosmopolitan Australia

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Whitney Port

The waterfall

This style is much easier than it looks – and it's the perfect option for a fun date night or festival!

1 Pull hair to the side, take three sections and plait your way around the back, starting about 2cm from the hairline. Pick up sections of hair and from the top and let them flow through the plait.

2 Stop before you reach the other side, tucking the ends under a small section of hair left free at the front and pinning under. Gently tong the loose section at your hairline and pin it on top to hide, just like Whitney Port.

TOP TIP Use texturising products to achieve the best effect – mousse on wet hair, salt spray scrunched in, and finally dry shampoo for volume before you braid.

These celebrities school us on the coolest new braids

Braidy BU

The fishtail

Olivia Wilde wears her braid tight and side-parted for a look that says edgy rather than boho.

1 Pull hair to the side and take two sections to start.
2 Fold a thin section over itself and into the middle, holding it with the opposite side, then repeat. By plaiting small sections each time, you get those skinny bits forming a fishtail braid, à la Olivia.
3 For a chunky fishtail finish, keep braiding in until you run out of hair. It may take longer than a traditional braid. Loosen it up at the end to achieve a more modern feel.

Olivia Wilde

Bella Thorne

The bun

1 Backcomb roots and use texture powder for body.
2 Pull back loosely into two low ponytails and fishtail braid both. (See "The Fishtail" for steps)
3 Twist up into a bun shape and pin into place, hiding the ends.
TOP TIP Add a hairpiece if you need more volume – it's easy to camouflage within a braided 'do.

Khloe Kardashian

Kate Bosworth

The badass

1 Part your hair straight down the centre, from the hairline to the nape of the neck.
2 Instead of taking your sections over as you braid, take them under each time, which puts the braid on the surface of the hair rather than under. Genius!
3 Secure with a tight elastic and voila! You can do anything without sacrificing your style.

The part

1 Section the hair from the crown down the centre of the head.
2 Working from back to front, braid the hair to the scalp, picking up each little section as you go. Plait it flat to the head and secure with an invisible band at the front.
3 You'll end up with a long tail, which is then parted in the middle and tucked behind the ears.

UNCH

Olivia Palermo

Celeb hairstylist Charles Worthington – who counts Poppy Delevingne as a client – gives us his step-by-step guide to achieving these hot new braids...

The classic

Olivia Palermo has revamped the classic braid by adding volume, texture and a twist in the back.

"Out of the three sections she has got, one is chunkier than the other two, which is quite a nice way of giving you that random plait," explains Charles.

1 Section the top part of your hair at the crown of your head and split into three.
2 Start a normal plait, but grab pieces from each side and plait in as you move.
3 Towards the nape of the neck, take the larger section further over than the others, creating that chunky twist for a cool take.
TOP TIP "For that texture on top I would definitely use backcombing powder, which lifts it at the roots for fluffy volume," says Charles.

Tool KIT!

1 DETANGLE
Braiding your locks without brushing is a major no-no and means knotty hair in a flash. Use a detangler to help smoothe it so the hair slides instead of getting stuck.

2 REFRESH & VOLUMISE
Dry shampoo's not just for oily locks. Sure, it helps, but it's also great for creating body in dry, clean hair.

3 BODIFY
Save your strands from too much backcombing with this handy little powder. It gives you a similiar effect, sans damage.

4 TEXTURE
This innovative new hybrid of oil and salt spray creates texture without the crunch of traditional salt sprays.

5 COMB
Brushes can break hair, especially when wet, so invest in a clever comb that goes through locks like a dream.

1 Not Your Mother's Knotty To Nice Conditioning Detangler **$16.95** datelinecity.com 2 amika Perk Up Dry Shampoo **$29.95** datelinecity.com 3 Charles Worthington Volume & Bounce Rootlift Backcomb Powder **$15.99** 1800 809 282 4 Bumble and bumble Surf Infusion **$36** mecca.com.au 5 The Wet Comb #2 Styling Hair Comb in Punchy Pink **$9.95** 1800 251 215

BODY blitz

J.LO'S ageless ABS

Her toned tum is 46 going on 26!

Now that we've scraped our jaws off the floor, let's get down to brass tacks and find out how Jennifer Lopez scored that breathtaking body!

She might have just turned 46, but the lovely Latina is hotter than she's ever been and it's all thanks to a five-week vegan detox that saw her drop kilos and gain some serious definition.

"I look better than I did in my 20s," confessses the sexy singer, while experts confirm her technique is a sure-fire recipe for giving fat the flick.

'REMOVING ALL MEATS WILL GIVE AN ENERGY BOOST'

"Removing all meats will give a quick and strong energy boost," says LA trainer Jackie Warner, author of *This Is Why You're Sick And Tired*. "Most of my clients lose five pounds [2.26kg] in the first week."

Give it a go yourself...

Guidelines

Ban

In the first week, Jackie advises ditching foods that "lead to weight gain, sluggishness and insulin issues", including animal products, white flour, fruit juices, sugar and rice.

Embrace

"Choose different meals and snacks each day [for] a variety of nutrients," she says. "Each should include some healthy fat, protein and carbs to provide sustained energy."

Veg out

When you do get back on the meat wagon, try to ensure at least 80 per cent of your diet is made up of vegies!

TIP

Swap processed foods for fresh veg, whole grains, beans, nuts and fruit.

In the mix
Variety keeps J.Lo's workouts fresh, ensuring her body stays fresh, too!

Baby got back

Turn back the clock!

"Ladies, our muscle mass decreases by about one per cent per year starting at about age 30," reveals J.Lo's trainer Tracy Anderson. But don't fret – Tracy's found a way to hold the muscle meltdown at bay!

What is it?

"Known as sarcopenia, the process of the loss of muscle strength and mass is associated with atrophy," says the fitness fiend.

How do you avoid it?

"For [muscles] to stay 'young', just like the rest of our system, they need to be fed and challenged regularly," says Tracy, who advises constantly varying your exercise.

"If you spend your life nurturing your innate ability to move your body in a way that continuously sparks a new conversation... you will keep your muscles vital and engaged. ."

The key

It's not enough to just work out – you have to be mindfully moving!

"We have to keep our brains connected to the practice of exercise," she explains. "You can't just work in auto-pilot, you have to fully engage."

VEGAN DETOX

Breakfast
Smoothie with berries, spinach, 1 tbsp almond butter, ¼ cup of oats, 1 tbsp flaxseed oil, water

"The flaxseed is a healthy fat that actually burns fat," says Jackie.

Morning snack
Ten baked chips with ¼ cup of guacamole

"Snacks keep your blood sugar balanced until you have your next complete meal," Jackie explains.

Lunch
Salad with three cups of kale, 1 tomato, 10 strawberries and 1 tbsp of vinaigrette

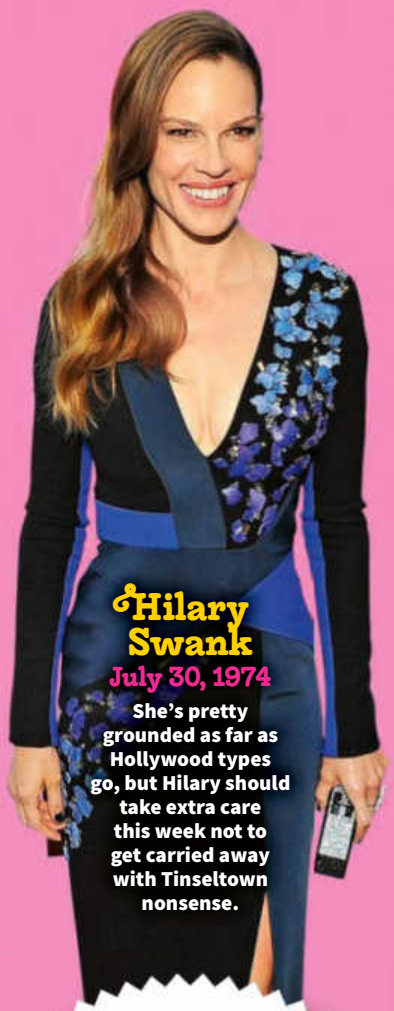
The fibre in nutrient-dense kale will keep you feeling full!

Afternoon snack
Half a cup of toasted chickpeas with paprika

Chickpeas boost oestrogen production to protect our bones.

Dinner
Two cups of vegan chilli with black beans and kidney beans

The beans are packed with protein and fibre to fill you up!



Hilary Swank
July 30, 1974
She's pretty grounded as far as Hollywood types go, but Hilary should take extra care this week not to get carried away with Tinseltown nonsense.

HAPPY BIRTHDAY

MON Taylor Schilling, 31. Indiana Evans, 25. Maya Rudolph, 43 **TUES** Afroman, 41 **WED** Joey Essex, 25. Josh Radnor, 41 **THURS** Simon Baker, 46. Lisa Kudrow, 52. Arnold Schwarzenegger, 68. Hilary Swank, 41 **FRI** JK Rowling, 50. Wesley Snipes, 53 **SAT** Sam Mendes, 50 **SUN** Charli XCX, 23. Sam Worthington, 39

YOUR Stars

The week ahead with Adele Lang

Leo JULY 24 – AUG 23

Try not to let difficult people affect your current good mood. According to the planets, you should not have to placate high-maintenance pals, nor give in to temperamental colleagues. Give divas a wide berth this week and focus on like-minded souls instead.

Virgo AUG 24 – SEPT 23

Someone you care about deeply still isn't ready to hear the truth. While you pride yourself on being up-front and honest, present astro-trends recommend you learn the art of telling little white lies. You won't have to do it forever, just long enough to avoid unnecessary pain.

Libra SEPT 24 – OCT 23

Putting any particular person on a pedestal is a no-no at present. You won't gain anything from looking up to pals, partners and employers – you would be much better off treating everyone as equal, if only to save yourself from great disappointment down the line.

Scorpio OCT 24 – NOV 22

Health planet Mars cautions against overdoing it at work. Ensure living it up with family and friends is a priority. Yes, your career is hugely important, but time out with loved ones will serve to enhance your job prospects rather than kill them stone dead.

Sagittarius NOV 23 – DEC 21

Until Jupiter moves out of Leo next week, you're just going to have to put up with playing second fiddle to the pretenders in your midst. The less you try to compete, the more work colleagues or love rivals will be exposed for being the impostors they really are.

Capricorn DEC 22 – JAN 20

Your sex life might be mind-blowing right now, but what about your love life? Less-than-stellar alignments signal problems for Caps who don't nurture emotional connections, too. You are more than capable of being sweet and thoughtful in a relationship, so best you prove it.

Aquarius JAN 21 – FEB 19

Those Aquarians forging new careers might not like what they hear in the coming days. You need to accept the fact that not everyone will be a big fan. Rather than listen to your haters, look to those people who have always encouraged you to follow your dreams.

Pisces FEB 20 – MAR 20

While you don't go out of your way to court controversy, you do tend to attract it! This week, the Moon's influence could mean you are yet again embroiled in some sort of hoo-ha that's not of your own making. Luckily, a loyal, long-time friend is likely to spring to your defence.

Aries MAR 21 – APRIL 20

With Venus still retrograde, you shouldn't make hasty decisions about money. Any large purchase or investment you might be planning to make requires a lot more research. Romantic decisions shouldn't be rushed either. Proceed with caution if you want to live happily ever after.

Taurus APRIL 21 – MAY 21

This week's planetary patterns suggest you should focus on other people instead of yourself. Helping out family or hanging out with mates will make you feel happier than you've felt for a while. Intense navel-gazing has its place but looking outwards is the way to go at the mo'.

Gemini MAY 22 – JUNE 21

Powerful Twins may not be afraid to speak out, but Mercury reckons most of you aren't as forthright right now. Nevertheless, if you feel someone is being short-changed at work or hard done by at home, it's important to make your voice heard. The respect you'll gain will be immense.

Cancer JUNE 22 – JULY 23

Lunar activity in your opposite sign should stop you fretting over every little thing, which means you'll be able to concentrate on enjoying your life a lot more! Loved ones will breathe a collective sigh of relief – your recent dark moods have been great cause for concern.

Your weekly LOVE planner

❤❤❤ Romance looks set to be a scorcher
❤❤ Expect more than a few warm, fuzzy feelings
❤ Might be more fizzle than sizzle
✖ Hmm, maybe wear your thermals

	Aries	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
MON	❤❤	❤	❤	✖	❤❤	✖	❤❤	❤❤❤	❤❤❤	❤❤	❤❤❤	❤
TUES	❤	❤❤	❤❤❤❤	✖	❤❤❤❤	❤❤	✖	❤	❤❤❤	❤	❤❤	✖
WED	✖	❤❤❤❤	❤	❤❤	✖	❤	❤❤❤	❤❤❤	❤❤	❤	✖	❤
THURS	❤❤❤❤	❤	❤❤	✖	❤❤	❤❤❤❤	❤❤	✖	✖	❤❤	❤	❤❤❤
FRI	❤❤	✖	❤❤❤❤	❤	✖	❤❤	❤	❤❤	❤	❤❤❤	✖	❤❤
SAT	✖	❤❤	❤	❤❤❤❤	❤❤	✖	❤❤	❤❤❤	✖	✖	❤❤	❤
SUN	❤	✖	❤❤	❤❤❤❤	❤❤❤❤	❤	✖	❤	❤❤	❤❤	❤❤❤	✖

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LET'S CHAT

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You were shocked that Kim has a personal trainer for North!

Her child, her business. For real though. Shes training north to be her money maker **Felts Pailegutu**

She is better off at the local park mingling with other toddlers **Zaklina Kajtez**

Really?! What? No way! She's a baby! What does she need a personal trainer for? **Caramia Štefek**

WIN!

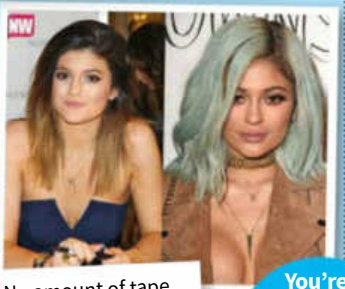
Our Pic Of The Week wins TWO Gold Class movie tickets!

what YOU say...

Love this chick ❤ **Deb Eliopoulos**

I love the pic. So natural **Pam Bennett**

Jaime King's baby news had you cooing!



No amount of tape could take you from left pic to right pic **Samantha Louise**

You're not sure whether Kylie's had breast implants

Puberty is a contributing factor, she's only 17. Her body is still changing. **Vanessa Davey**

#iheartNW

For your chance to be featured here, **hashtag #iheartNW** on Instagram and show us your fave place to catch up on your celeb goss!

Haha - "says one fan" i.e. ME! Haha! Thanks #NWMagazine ! Haha! **@caseyu84**

I guess I'm not going to finish reading this! thanks Ralph #nwmag **@rugbyg_al**

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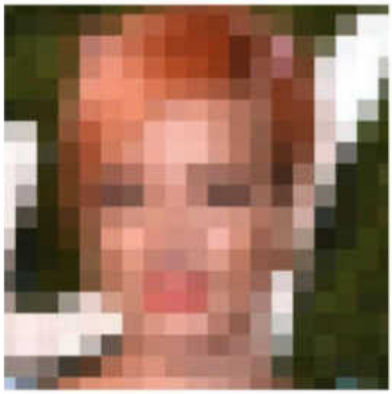

Who am I?

Win $100

▶ I was born in London in 1985 to an actor father and film-producer mum.
▶ My debut single *Smile* was released in 2006.
▶ My brother is an actor who's best known for playing Theon Greyjoy in *Game Of Thrones*.
▶ In 2009 I announced I was retiring from music, but I made my return in 2014 with the release of my third album *Sheezus*.
▶ I have two daughters, Ethel and Marnie, with my husband Sam Cooper.

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Name that star!

Hidden in the box are some celebs' names. Use the pics to help you find their names, which are split into two and can be found in straight lines up, down, forwards, backwards or diagonally. The leftover letters reveal the name of another star.

S	B	O	M	E	R	E	N	N	E	J
A	U	T	S	A	Y	I	C	H	E	T
L	L	K	O	A	C	M	A	B	L	R
L	Y	S	P	K	L	R	I	A	A	T
E	K	B	I	A	R	D	U	N	T	Y
B	A	C	U	Y	L	R	A	A	A	H
A	T	I	B	R	E	I	M	N	L	J
S	A	R	R	N	M	D	I	D	A	H
L	P	L	O	A	S	E	M	A	J	I
E	O	Z	D	S	N	F	A	K	E	R
G	S	T	Y	L	E	S	I	W	E	L

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PHOTO Quiz

PUPPY LOVE Whose doggy dearest?

CHOOSE FROM THESE CELEBS!
Lady Gaga, Vanessa Hudgens, Katy Perry, Kylie Jenner, Iggy Azalea

SUDOKU

Fill in the blank squares so that every row, column and 3x3 square contains all numbers from 1 to 9.

						3		
		7	3	9		4	8	
	6			7	5			
	9		2			5		8
	2	4			1		7	
		8		5		2	1	
6	5		4		8			
	3			1	9			
			5					9

Winners

Crozzle No. 25/15
B. Palmer
Ellalong, NSW
Solution
James
Who Am I? No. 25/15
K. Harrison
Darwin, NT
Solution
Lauren Conrad
Name That Star No. 25/15
A. Beikmanis
Austinmer, NSW
Solution
Robert Pattinson

Picture quiz answers

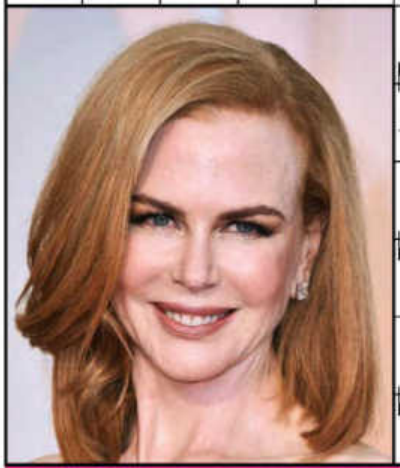
A Iggy Azalea B Kylie Jenner
C Lady Gaga D Katy Perry
E Vanessa Hudgens

Last week's Sudoku

5	2	8	3	4	7	6	9	1
3	1	9	8	6	2	4	7	5
4	6	7	5	1	9	8	2	3
7	4	6	1	2	3	9	5	8
1	9	3	4	8	5	2	6	7
8	5	2	7	9	6	3	1	4
6	7	5	9	3	4	1	8	2
2	3	1	6	5	8	7	4	9
9	8	4	2	7	1	5	3	6

CROZZLE

Win $250

__ Pinkett Smith, actress		Animal hide		Pictured Mr Mars		__ *Shook Up*, Presley song		__ Collette, actress		Fried tortilla		Border								
						Sugar Ray __, boxer														
Sarah Jessica __, actress		End of a pen		Creep forward		__ Riley, *Kath & Kim* star		Close by		Young bear		Ravage, ruin (3,5)								
							Pictured Ms Kidman													
Elle __, *Maleficent* actress	US drama based on *Psycho* (5,5)		Racket						Facial hair		Long fish with oily flesh		Ply a needle							
			Wheel surrounds		Mischievous fairy		Monastic buildings													
Abate		Building with a stage								Female sheep					Usain __, Olympic champ		Buddy			
				Generation		Taj Mahal's country	Maiden name indicator	Be incorrect		__ *& Order*, US crime series				Russell Crowe biblical epic						
Remain		Oil-processing plant									*Home* __, Macaulay Culkin film		Biblical tower	Egg shape	Mark Wahlberg film		__ Wilson, *Midnight in Paris* star			
					Geek					Basically (2,6)										
US R&B singer		More melancholy							Revolver trademark	Go away						Blood and guts		Scorch, brand		
			Animal foot	Decorate with frosting	Fellow		Put away for future use	Pigeon's call				Name-tags								
__ Howard, film director		Spanish artist								Liam Gallagher's brother					__ Direction, pop group					
						Bacon slices		Spike __, *Malcolm X* director				Intonation		Stows	Group of kangaroos or sheep		Com-mercials, in short			
Disconnect		Make thread-bare (4,3)								Woolly pack animals	Make simpler		Dirty mark							
								Performed on stage	Abutting shed (4-2)							Melbourne's river		Vegetable often mashed		
					Golf standard / The deep				Youngster				Chasm							
					Hit, strike		Hunters								Acorn-bearing tree		Become solid			
									__ *in Black*, Will Smith film				Animal with a mane							
					Consumed		__ Peron, Madonna screen role				Emptied									
									Take to court				Large flatfish							

to enter

SMS 199 54 991 SMS cost 55c (inc GST) **OR CALL 1902 554 991** Call cost 55c (inc GST).

Calls from mobiles cost extra. SMS or call with the answer, your name, address and daytime phone number. When you have solved the Crozzle, the letters in the shaded squares, reading left to right, top to bottom, reveal the name of the place where the pictured stars were born (6).

Salmat Digital Pty Ltd Helpline: 1300 131 276. Entrants under 18 must seek bill payer's permission to enter. Competition closes 23:59 AEST on 16/8/15. Open to Australian residents. Drawn at 11:00 AEST on 18/8/15. For conditions of entry, visit nwonline.com.au. Authorised under permit numbers NSW: LTPM/15/00721 ACT: TP15/06596

The BIG NW turn on

Feeling the NEED FOR SPEED

Tom gets down to risky business in the fifth *Mission: Impossible* film!

FILM

Age is just a number for 53-year-old **Tom Cruise**, who's back with his most hair-raising scenes to date in the nail-biting *Mission: Impossible – Rogue Nation*.

Yep, reprising his role as agent **Ethan Hunt** alongside newcomer Rebecca Ferguson, the actor – who's always insisted on doing the majority of stunts himself – proves he's still the real deal when it comes to death-defying action sequences.

One scene even sees him clinging to the door of a massive Airbus A400M military transport plane as it takes off and climbs to an altitude 1500 metres! What's more, it took eight takes to get it right!

"I couldn't sleep the night before," says Tom of the chilling scene. "Actually [I was] scared shitless!"

***Mission: Impossible 5 – Rogue Nation* in cinemas Thursday**

The Hot LIST

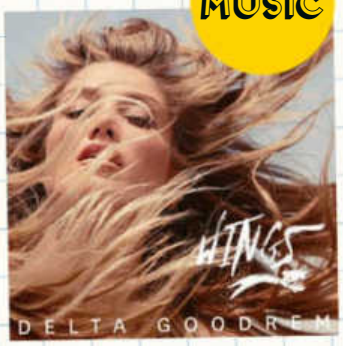
DVD

TOP FIVE

Chris Rock's a hoot as a comedian trying to reinvent himself as a serious actor. Add cameos from **Whoopi Goldberg**, **Adam Sandler** and **Jerry Seinfeld** and you've got one serious ROFL-fest!

***Top Five* out Wed on DVD & Blu-ray**

MUSIC



DELTA GOODREM

Jessie J might have different thoughts on the matter, but her fellow *The Voice* coach's first new release in three years is no ordinary track! Indeed, inspired by **Calvin Harris**, **Haim** and **London Grammar**, Delta says her dancy new single *Wings* "feels like it's my first single off the ranks as an adult". Go, girl!

***Wings* is out now**

MUSIC

TAYLOR SWIFT

There are still tickets available for the Aussie leg of her 1989 World Tour, but they're selling like hotcakes, so you'd better get in quick! And if you live in Melbourne, we've got great news – Tay's added a third and final show on December 10. Miss out and you'll never Shake It Off!

For more info, visit ticketek.com.au

CRUISIN' FOR A BRUISIN'?

As well as running along the Airbus's wing prior to take-off in the latest flick, Tom braved a giant exploding fish tank in the first *Mission: Impossible* film and dangled from a cliff face for the sequel!

MUSIC

5 minutes with Samantha Jade

Samantha Jade is kicking goal after goal these days – like collaborating with musical mega force Pitbull! We caught up with the pint-sized Aussie, 28, to chat about their track *Shake That* and get the lowdown on who she's shaking hers with right now.

You really do move that booty in your new video for *Shake That*!
Dancing around is nerve-racking, and there's always a fall in massive heels. My shoes were so high!

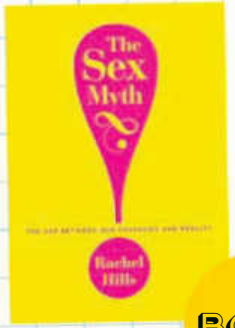
How was it working with Pitbull?
It's so nice to have someone international like Pitbull. I needed someone like him on the single to talk back about what I was singing. I was so pleased when he said yes!

What's really going on with you and Niall Horan? Niall and I have a bit of a laugh about the rumours! I'm mates with his cousin, so that's how we're friends. He's so lovely. There were also rumours about me dating Guy Sebastian, but I'm best friends with his wife Jules and he's like a big brother, so that's gross!

The Kylie Minogue resemblance is amazing! Do you ever get mistaken for her in the street?
I did when we were filming *Never Tear Us Apart*. These people were shouting, "Kylie!" at me and they were too far away to explain I wasn't her, so I just went with it and waved!

Did Niall think you looked like her?
He told me he bumped into Kylie in London and told her he knows someone who looks like her – and Kylie knew he was talking about me! Talk about a pinch-yourself moment!

***Shake That* feat. Pitbull is out now**



BOOK

THE SEX MYTH

Worried your pals are getting more or that you're a total horn bag? We're in an age of "great sexpectations", says author **Rachel Hills**, who aims to liberate us by deconstructing norms and exposing the reality.

Out Wednesday

IS CARA IN STAR WARS?

FILM

She's killing it on the movie front, but has **Cara Delevingne** got a sneaky gig up her sleeve she's not telling us about? Fans spun into a frenzy when they spotted a girl who looks suspiciously like Cara leaning against a rather ugly creature in new behind-the-scenes footage for *Star Wars: The Force Awakens*.

Hey, if anything's going to give Cara away, it's those trademark eyebrows!

Adding to the mystery, earlier this year the model-turned-actress posted an Instagram snap of herself sitting next to a model of Jabba The Hutt at a *Star Wars* exhibition.

"Another day at the office," she caption the photo in February. What a tease!

Cara seems right at home in the *Star Wars* universe!

The BIG NW turn on

THE ULTIMATE

Has it really been 20 whole years since Cher and the gang entered our lives and lingo? Ugh, as if!

ELTON TISCIA

We best remember this jerk for pining after Cher and dropping the phrase "Don't you know who my father is?" Since then, actor and doting dad **Jeremy Sisto** has starred in *Suburgatory*, *Law & Order* and *The Returned*.

CHRISTIAN STOVITZ

Cher's potentially gay crush Christian was played by **Justin Walker**, who went on to do a few short films and docos before giving up acting in 2005 to run Teddy Teadle's Grill in Rancho Mirage, California. Buggin'!

JOSH LUCAS

As Cher's hot ex-stepbrother-turned-boyfriend, **Paul Rudd** was seriously swoon-worthy. These days he's swapped romcoms for action flicks, playing the title role in the latest Marvel flick *Ant-Man* and killing it at the box office!

AMBER MARIENS

After popping up in the early '00s as Morgan Cavanaugh in *Sabrina The Teenage Witch*, the actress behind mean girl Amber, **Elisa Donovan** has settled down with hubby Charlie Bigelow and their adorbs daughter Scarlett.

DIONNE DAVENPORT

Stacey Dash is still a total Betty! The thrice-divorced star who played Cher's BFF has starred on *CSI* and is a regular contributor to Fox News, dating Fox journo Rick Leventhal and living up to her character's rep with outspoken commentary on subjects like George W. Bush's presidency!

Clueless REUNION

Two decades since *Clueless* taught us everything we needed to know about being California cool, we're still obsessed with the cult classic.

But while a lot has happened since Cher Horowitz (**Alicia Silverstone**) looked the business in her yellow tartan ensemble and Josh (**Paul Rudd**) became our biggest crush of the '90s, not all the stars have gone on to glittering careers – despite the flick pulling $56 million at the box office.

Check out what the cool kids are up to these days – you may be surprised!

MURRAY DUVALL

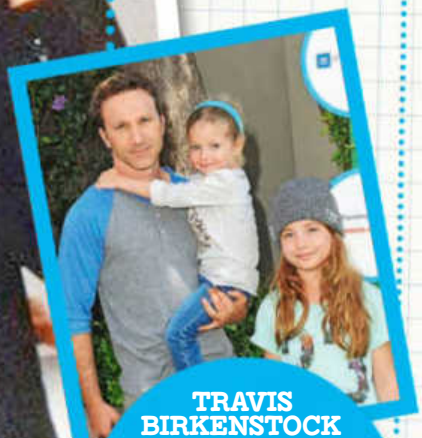
Dionne's beau Murray kept it real, so it's no wonder actor **Donald Faison** went on to enjoy success in the *Clueless* TV series and *Scrubs*. The dad-of-six is also married to Jessica Simpson's bestie CaCee Cobb.

CHER HOROWITZ

It-girl Cher remains **Alicia Silverstone**'s biggest role – indeed, since playing Batgirl in *Batman & Robin*, she hasn't done a whole lot you'd have heard of. Nowadays, Alicia keeps busy with animal-welfare activism and being a mum to her son Bear with muso hubby Chris Jarecki.

TAI FRASIER

Despite success in films like *8 Mile*, **Brittany Murphy** – who played Cher's "project" Tai – led a troubled life. Amid rumours of drug addiction and an eating disorder, she passed away in 2009, reportedly from pneumonia and anaemia. So sad.

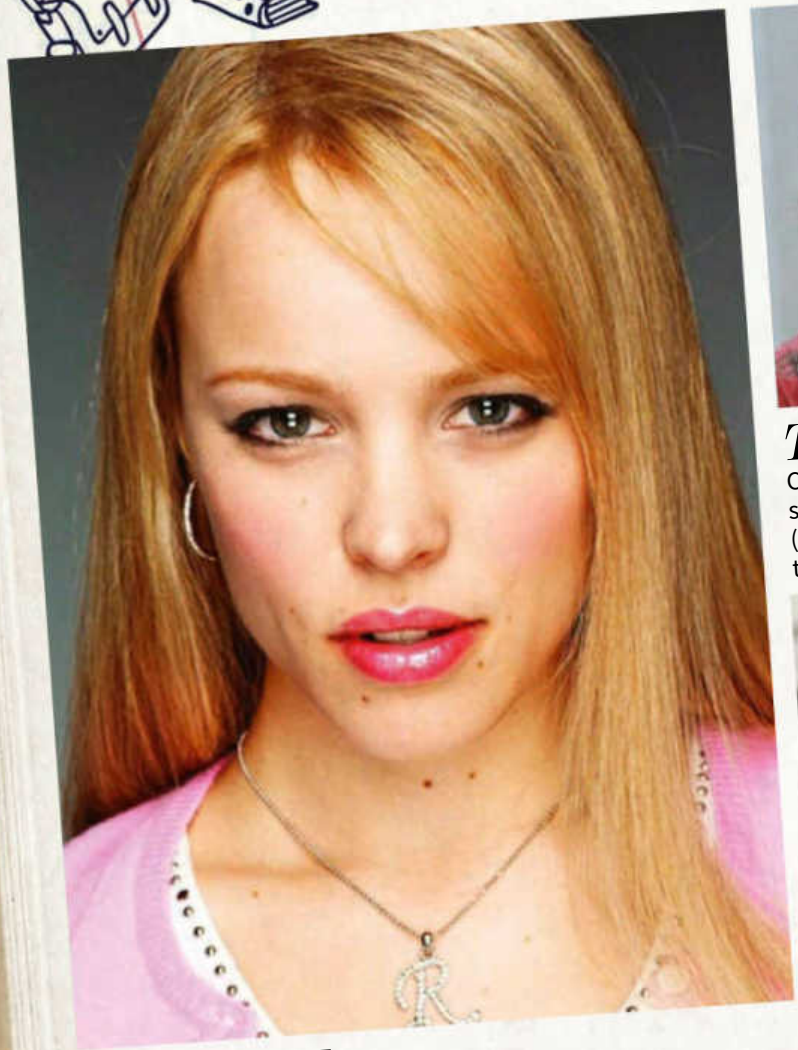


TRAVIS BIRKENSTOCK

He played Tai's stoner admirer Travis, but **Breckin Meyer** isn't such a slacker in real life, scoring big roles in *54*, *Road Trip* and *Kate & Leopold*. The father-of-two's also written and produced for comedy series like *Men At Work* and *Robot Chicken*.

The BIG NW turn on!

BEST YEARBOO



THE BITCH

Manipulative, conceited and an all-round bully, Queen Bee Regina George (**Rachel McAdams**) put the mean into *Mean Girls*. We can totally see her trying to tell Cher, "You can't sit with us." Whatever!

THE BAD BOY

Chain-smoking, trash-talking, secretly sensitive John Bender (**Judd Nelson**) had us wanting to wake up to his *Breakfast Club*.

THE BADASS

Not a fan of authority, Katniss Everdeen (**Jennifer Lawrence**) appealed to our inner rebel in *The Hunger Games*.

THE COOL KID

Ferris (**Matthew Broderick**) and his slick ability to dodge trouble had us all wanting to skip school in *Ferris Bueller's Day Off*!

THE BAD GAL

Bring It On's nasty girl Missy Pantone had great cheerleading skills and 'tude for days.

The Clueless quotes we'll never forget

CHER ON HOLDING ONTO HER VIRGINITY
"You see how picky I am about my shoes – and they only go on my feet!"

CHER ON DION
"She's my friend because we both know what it's like to have people be jealous of us."

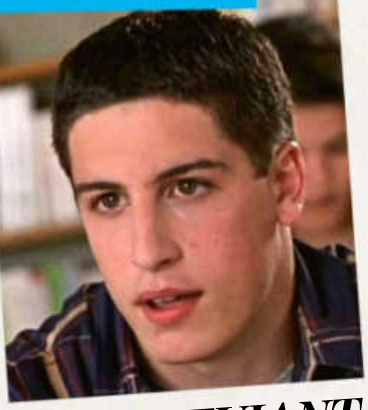
CHER "Would you call me selfish?"
DIONNE "No, not to your face."

OK

Just imagine these teen flick faves all went to the same high school!

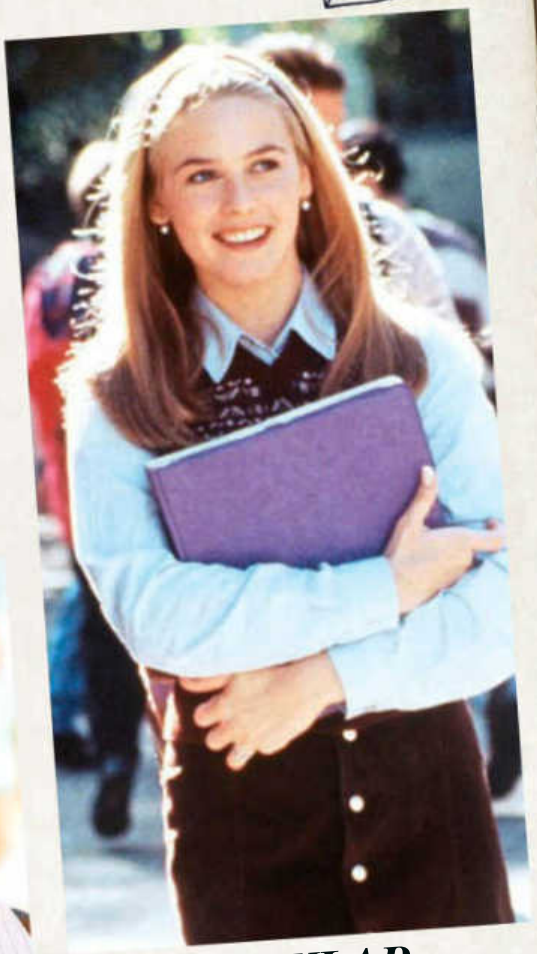
EVER!

BACK TO SCHOOL



THE DEVIANT

He might have done the deed with an apple pie, but Jim's (**Jason Biggs**) towel dance in *American Pie* was sexy as!



THE SEXY GEEK

Superbad's unlikely ladies' man Fogell – aka McLovin (**Christopher Mintz-Plasse**) – didn't need his fake ID to get into our hearts!

MISS POPULAR

With her computerised wardrobe and convertible Jeep, Beverly Hills High School student Cher gave us major #lifegoals.

CHER "He does dress better than I do. What would I bring to the relationship?"

TAI TO CHER "You're a virgin who can't drive."

CHER TO AMBER "Do you prefer 'fashion victim' or 'ensemble-y challenged?'"

AMBER "My plastic surgeon doesn't want me doing any activity where balls fly at my nose."

DIONNE "Well, there goes your social life."

ABC

Celebs still love dressing like Cher!

1 Iggy Azalea is so obsessed with the flick that she based her *Fancy* music video on it! "I can picture Cher listening to *Fancy*," says the mega-fan.

2 Suki Waterhouse and her TV-presenter pal Poppy Jamie got their fluffy pens on at a *Clueless*-themed party in London.

3 Nailing the yellow tartan, white stockings and sassy attitude, Brandi Cyrus outshone half-sister Miley's Dolly Parton Halloween costume.

4 "When I heard it was playing at Hollywood Forever Cemetery this past weekend, we got our tix right away. And, of course, we had to play dress up :) #ASIF!!" Vanessa Hudgens wrote on her Tumblr.

STARTS TUESDAY 7.30
THE HOTPLATE
9
then WED THURS 7.30

NW Reality WEEKLY
The hottest goss from the box

BONUS 8-PAGE MAG

WE ROAD TEST BACHIE SAM! p76

Nathan insists 'The Voice won't BREAK US!'

His relationship with BFF Grace is put through the ultimate test

With pop star looks and a love of making sweet music together, *The Voice* besties Grace Pitts and Nathan Hawes are a match made in heaven.

But with Nathan on Team Madden and Grace on Team Delta, the NSW youngsters – who perform duets together on YouTube – are now fierce rivals!

So what happens if one gets booted from the show?

"We're always nice to each other whatever is going on in the show," Nathan, 18, tells *NW*. "It's not going to ruin our relationship."

Which brings us to our next question – what *is* their relationship exactly? Alas, Nathan says they're firmly in the friend zone.

"We've always been in relationships and live a two-hour drive away from each other!" he explains.

Not that the spunk's taken at the moment, though – while Grace, 18, is dating his muso mate Hein Cooper, Nathan is currently single.

Form an orderly queue, girls!

The Voice Live Shows kick off Sun 7pm on Nine

Nathan and Grace met at a gig two years ago and have been performing together ever since

Photos: Instagram

The Madden brothers have dubbed Nathan the 'beautiful boy version' of Grace

NW Reality WEEKLY

YOUR Reality TV PLANNER

Monday

Matt, George and Gary give their final verdict

MASTERCHEF AUSTRALIA

7.30pm on Ten

There's been blood, sweat and tears – and a lot of spilled milk! – but tonight, this year's MasterChef will finally be crowned! And to have any hope of winning, the finalists will have to recreate one of British chef Heston Blumenthal's classic dishes... Ice-cream curry anyone?

Tuesday

Get ready to meet the foodie teams

RESTAURANT REVOLUTION

7.30pm on Seven

As this brand new reality show kicks off, five teams of budding restaurateurs start planning the pop-up eateries they'll soon be opening in various cities around Australia. But can any of them turn the ventures into profitable businesses? With $200,000 up for grabs, you bet they're going to try!

Sunday

It's a classic *MIC* love rectangle

MADE IN CHELSEA

9.30pm on Lifestyle YOU

Things are hotting up between flirty Binky and JP – and she's totally got Andy to thank for that after he played cupid for her at the rugby last week! Still, it's not exactly providing the love karma he deserves – things still aren't going well with Jess...

#TRENDI

Crazy, spooky

Ghostly goings-on at *The Bachelor* mansion have the girls terrified!

Competing for your dream man against a bevy of babes is nightmare enough – but the *The Bachelor*'s now thrown a haunted house into the mix! Yep, this season's hopefuls Heather and Sarah tell *NW* there's been all sorts of paranormal activity going down at the mansion, with quirky Heather, 29, claiming she came face-to-face with a ghost in the gym.

"It had been a while since anyone had been down there, but as I walked in I could hear this sound," she tells us. "Freaked out, I turned the lights on and saw the treadmill was at the fastest it could go! I turned it off but I had this awful feeling I was being watched."

Meanwhile, Sarah, 26, reckons she encountered a candle that apparently lit itself.

"The weird thing is no-one had entered that room for days!" she dishes.

Woah! So what – or who – is haunting the house?

"Lots of people have seen a woman in a white dress roaming the hallways," spills an on-set source. "Even the security guards are spooked at night!"

IS THIS THE BEST CELEBRITY APPRENTICE LINE-UP YET?

The revived show is heading back to Nine with a stellar cast guaranteed to deliver drama by the bucketload! Indeed, even before the first day of filming had wrapped last week, contestant James Mathison was spilling the beans that Gabi Grecko had already pulled off her wedding off and chucked it ring at her new hubby Geoffrey Edelsten.

We're also gagging to see if former Bachie bad boy Blake Garvey's decision-making has improved – not to mention whether he gets any lip from hairspray-loving Melbourne Housewife Gina Liano.

And with brazen bombshell Sophie Monk, gossip guru Richard Reid, radio DJ Mel Greig, former *Home & Away* star Esther Anderson, NRL star Matt Cooper, *Big Brother* winner Tim Dormer and Miss Universe Australia babe Tegan Martin also along for the ride, we're expecting major fireworks!

NG What we're buzzing about this week!

love!

EXCLUSIVE

'I had this awful feeling I was being watched. I ran so fast up the stairs'

'There was no-one there and just one candle lit on the table'

NEW bachelor COLUMNIST

Check out Laurina's column in next week's mag and head to nwonline.com.au for all the backstage *Bachelor* gossip!

Laurina joins NW!

She's fierce, feisty and brought the LOLs in a big way with her complaints about Blake Garvey's "dirty street pie" date, so who better to be *NW*'s new *Bachelor* commentator than Laurina Fleur? And there's no time like the present to start dropping truth bombs – like what she thinks of this season's Bachie Sam Wood. "He looks quite manicured. I wonder if there's more to him," she ponders, adding, "Blake is more my type!" Ouch!

'I'M HAPPY & sober'

It's no secret Kim Richards hit rock bottom recently, but after a stint in rehab the *Real Housewives Of Beverly Hills* star was looking pretty chipper as she left an LA restaurant last week. Asked how sobriety is working for her, the glowing star insisted, "It's going great thank you." And it seems she has plenty of family support, with niece Paris Hilton sharing a cute throwback shot of the pair captioned, "Back in the day visiting my aunt." Sweet.

She's back
Kim looked fab leaving LA restaurant Madeo on July 19.

How much does throwback Kim look like Paris?!

The show must go on for this banged-up Housewife!

TERESA'S PRISON REALITY SHOW!

She's currently serving a 15-month sentence for fraud, but Teresa Giudice won't let a silly thing like iron bars stop her making a big comeback on *The Real Housewives Of New Jersey*! The jailbird, who's more than six months into her sentence, has signed a new contract and will return for a special two-part episode via a series of recorded phone calls! Talk about phoning it in!

The Bachelor

We take Sam for a test drive!

What's not to like?

Let's see how he stacks up in the dating stakes...

Tall, dark and oh so handsome, Sam Wood appears to be the full package – but has the latest Aussie Bachelor got the charm to back it up?

Well, concerned that he might be too good to be true, the *NW* team decided to road-test Sam on three very different – and potentially cringe-inducing – dates to see how the 35-year-old copes when the going gets tough! And we're pleased to say he was practically perfect in every way – natch!

Yep, he dazzled when meeting Digital Editor Jess's mum Kathy, and proved an attentive shopping accomplice with our Fashion Editor Lattitia, but it was our Senior Subeditor Hannah who scored the main prize – getting to hold his big, strong man paw as they strolled along a Sydney beach.

'A WALK OR A SWIM WOULD ALWAYS BE A GOOD DATE'

Of course, our lucky ladies fell head-over-heels for Sam, what did he make of the blushing belles?

"They were all lovely," he tells *NW*. "I do like fashion and shopping, but like most men I have my limitations! Meeting Jess's mum was fun, as family is very important to me, so it was great to share some good conversation and embarrassing stories!

"And the beach date with Hannah was great! Meeting a girl for a walk or a swim with my dog Hendrix would always seem like a good date to me."

Read on for all the intimate deets of their romantic rendezvous...

Hey Sam, is that a red rose in your chinos pocket?

It's essential to test the biceps for firmness. Hope you're not ticklish, Sam.

HANNAH
Senior Subeditor

The romantic beach stroll

As far as first dates go, it really doesn't get much better than a walk along the sand with a genuine hottie like Sam!

Even though I was a bit nervous, I was surprised by how comfortable he made me feel – and the way his megawatt smile managed to light up the beach!

And trust me, he's even better looking in the flesh, so I was more than happy to stare in awe!

We talked about everything from his work to how he was feeling about being on the show, but unlike some guys who just want to talk about themselves, Sam asked me plenty of questions about myself and was a really good listener.

I can also report that he's really funny and had me laughing the whole time, so there were no awkward silences. Phew!

Plus he gets full marks for his hand-holding game – my, my, what big paws he has! If things don't work out with his Bachelorette he can definitely give me a call!

NW Reality WEEKLY

He's got the goods!

Sam proves he's got an eye for fashion – and the guns to carry it all!

Clothes shopping!

LATTITIA Fashion Editor

"Dragging your guy around the shops is usually a recipe for disaster – but not with Sam!

He was such a great browsing companion and a real gent when it came to carrying my hefty bags. If that wasn't amazing enough, Sam gave me so many lovely compliments when I tried on the latest threads.

Incredibly, he didn't complain once about our girly outing. It could well have rated as boring for him – a girl trying on a thousand outfits – but he actually seemed to enjoy it!

He even gave me a few pointers and revealed that he's a big fan of the relaxed, classic white shirt and jeans combo. So not too much glitz and glamour for our Bachie!

He really is the total package – gorgeous, sweet and intelligent. The conversation flowed and he proved chivalry is thriving.

I could tell his good nature wasn't all for show because of how courteous he was to other shoppers and staff.

Plus, I didn't catch him looking in the mirror once – those Bachelorettes are very lucky ladies!"

PHOTOGRAPHER: ANDREW FINLAYSON. STYLIST: LATTITIA TAYLOR. HAIR & MAKE-UP: CASEY GORE/RELOAD. SAM WEARS: ZARA AND COTTON ON. THANKS TO PINK SALT CAFE

You know, Sam – you could just try it on here...

Plenty to wine about, nothing to whine about!

JESS
Digital Editor/ Junior Writer

Meeting the mum!

"Tall, dark, and handsome were definitely the first words that came to my mind when I met Sam at Sydney's Pink Salt restaurant.

While most guys would understandably be a tad intimidated by even the thought of meeting the parents on the first date, I couldn't believe how completely relaxed Sam seemed as he sat down with Mum and I to drink a glass of wine or three.

Embarrassingly, Mum even had a checklist scrawled in her notebook to make sure only the best contender would be allowed to win her daughter's heart, but Sam just took it all in his stride!

Needless to say, his effortless charm and wit had Mum (and me!) wrapped around his little finger within the first two minutes of meeting. Impressive work, Sam!

And with the pair of them talking nonstop about Sam's job as a personal trainer, his work with kids and his studies, by the end of 'our' date, Mum was well and truly gushing about how lovely and handsome the guy is!"

Sam ticks all Mum's boxes

NW Reality WEEKLY

BRANDI snaps!

"I had a little meltdown with LeAnn. She called my son an 11-year-old who's antisocial. First of all, he's 12. And they were trying to get him to play on the same trampoline that he broke his arm on. What do you expect him to do?! Of course he doesn't want to bounce around and take selfies. I mean, shut up! When it comes to my kids, I will go gangster on anyone. Come for me all day, but do not talk about my children."

'I get the panic thing, Kim'

"I couldn't imagine being pregnant and being photographed every second of the day. It's hard enough getting through the day without everyone judging how you look. I feel bad for her, but at the same time, she's rich and she'll be fine! In the meantime, she can contour away and know it'll all be over soon."

Brandi's VERDICT

'My girlfriends came to visit!'

'We're moving house again!'

'Gigi's dating Joe and Cody?'

"Good for her! Guys do it to girls all the time – might as well do it to them. They're all so young – they all should be having a ton of fun. Gigi especially. Her career is taking off. I don't think she should be serious with any guy. When you're a model, you have an expiry date, unfortunately, so you've got to make all the money you can. Play with the boys, use them like play toys!"

'I think RiRi can tame Patrick'

"She gets all the cute boys – apart from that Chris Brown debacle! She's got that sexy bad-girl thing. I don't think she'll take any shit from Patrick – or anyone! Guys probably find her interesting because they're used to girls fawning all over them and she's like, 'F**k you!'"

Ask Brandi anything... Yes, ANYTHING! email us at NW@bauer-media.com.au

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COSMOPOLITAN
ELLE
cleo
DOLLY
NW
OK!
SHOP
Women's Weekly
Woman's Day

Yep, we see you!

STAR SPY

'I can't help worrying I left a window open'

SHEER SURPRISE

We knew **Nicky Hilton** was fashion forward, but we didn't realise she was *this* forward. The newlywed's taking the art of showcasing her curves to a whole new level at Versace's Paris Fashion Week show!

'Check out the chassis, y'all'

Step up, girl!

'Sunscreen? Yeah, no need to rub it in...'

BACK BURNER

With all the hot weather they're having over in the UK, **Pixie Lott** seems to have forgotten the importance of being sun safe! She's sporting some pretty tragic tan lines while wowing the crowd at the Brentwood Festival in Essex.

JEEP THRILLS

OMG! Not only is **Amber Rose** wearing actual clothes, the bootylicious babe's also incredibly limber as she hops into her gigantic hot-pink SUV after doing lunch in Studio City, LA. So that's how she keeps that tush so toned!

FRENCH KISS

Woah, since when did Muse frontman **Matt Bellamy** swap guitar for, um, the horn? Getting stuck into some PDA in St Tropez, France, the British rocker looks like he's trying to convince girlfriend **Elle Evans** to break for lunch...

SMOOTHIE MOVES!

Like they say, if it's not on Instagram, it didn't happen! It seems **David Beckham** could use a few selfie tips from social-media savvy son Brooklyn as he pauses for a quick snap with his healthy smoothie in LA.

WAIT! there's MORE!

TAYLOR'S BAD

It looks like Taylor Swift already has plenty of fodder for a sequel to her diss track *Bad Blood*! First of all, there was her snarky "sending you love" after Miley Cyrus compared her to Justin Bieber on Instagram – a post that went viral and sparked rumours of a feud.

Then she publicly accused Nicki Minaj of trying to "pit women against each other" after the rapper seemed to suggest "very slim bodies" were the reason *Bad Blood* was nominated Video Of The Year at the MTV Video Music Awards.

Sure, Tay eventually said "sorry" after realising she'd misunderstood, but not before her nemesis – and *Bad Blood*'s original target – Katy Perry weighing in, slamming Tay's criticism of Nicki as "ironic".

There's no mad love lost here!

Justin jibe
Miley really threw down the gauntlet with this post!

Kim wearing sneakers? Has the world gone mad?

Rise and shine!
Kim's pyjama shoot takes the "woke up like this" look to the next level!

Kim's PJ PARTY

She may have a glam squad at her beck and call, but in her new shoot for Spanish *Vogue*, a bare-faced Kim Kardashian proves she's still one of the most gorgeous women on the planet without the slap – even in her jim-jams!

"This has to be my favorite shoot I've done!" she writes on Instagram. "#KimNoFilter."

Theo Wenner/ Vogue Spain

WHEN STARS

BLOOD

Katy owns it

This is the first time Katy's acknowledged that *Bad Blood* is about her!

They said what?!

"What I thought was romantic was just embarrassing"

After failing to win back his ex-wife Paula Patton by naming his album *Paula*, Robin Thicke develops 20/20 hindsight.

"Doesn't everybody want J.Lo to be their mum?"

Would you still have been a bad gal if Jennifer Lopez had raised you, Rihanna?

"At first I definitely thought he had been hacked"

Sorry, Naughty Boy – your former friend Zayn Malik really did call you a "fat joke" on Twitter.

COLLIDE!

We love watching celebs interacting in their natural habitat – especially when it's super awks! We can't get over how funny Adele is as she fangirls over Bette Midler backstage at the music veteran's London concert, while Anna Wintour has us in stitches with her obvious dislike of Jake Gyllenhaal's bushy facial hair. It's sooo not in *Vogue*!

Xena 2.0

With a reboot of hit '90 series *Xena: Warrior Princess* in the works, when it comes to casting the role made famous by Lucy Lawless, producers are looking to Jennifer Lawrence for inspo!

According to *The Hollywood Reporter*, "sources say the new Xena will have to have the charisma and charm of Lawless and the smarts of *The Hunger Games*' Katniss".

A mix of J-Law and L-Law? Yes, please!

WAIT! there MO

Disney STRIKES BACK

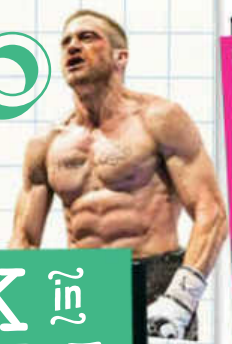
The force is not with funnygal Amy Schumer, who's in hot water with Hollywood bigwigs after posing for this raunchy *Star Wars*-themed shoot for *GQ* magazine! "Lucasfilm & Disney didn't approve, participate in or condone the inappropriate use of our characters in this manner," raged the official *Star Wars* Twitter account. Busted!

$1,000,000

The price tag on Kim Kardashian and Kanye West's new bed, which hovers 1.5m off the ground thanks to the magic of magnets!

2000

The sit-ups Jake Gyllenhaal did each day to buff up for his boxing flick *Southpaw*.



The WEEK in NUM3ER5

9.75

The hotness score a US radio show gave Selena Gomez out of 10!

$54,000

The amount Nicki Minaj and beau Meek Mill dropped at Texas strip club V Live Houston. How romantic!

WE ♥ KENNY'S hair

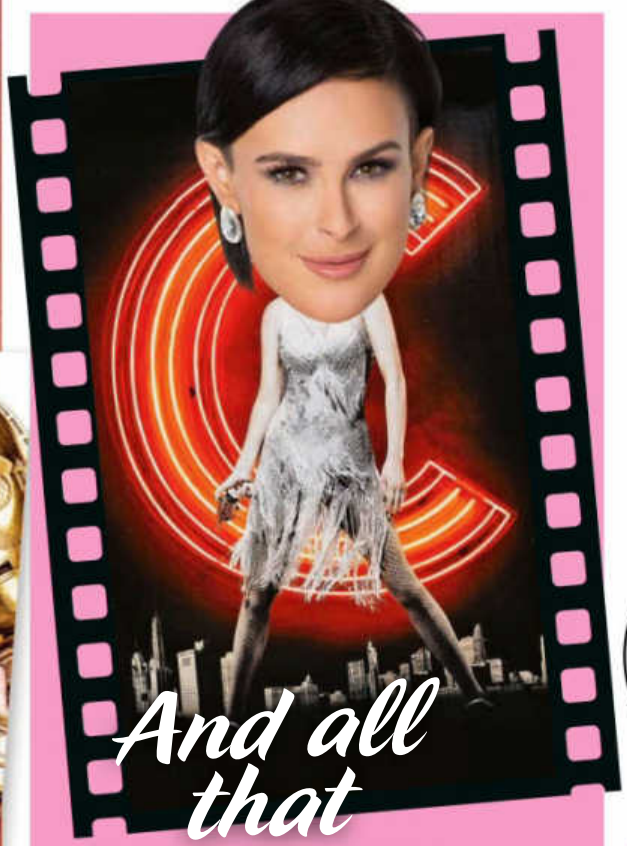
Kendall Jenner's heart-styled hair photo didn't just become the most liked post in Instagram history – it's also inspired a horde of copycat snaps! At last count, the #hearthair hashtag had been used nearly 8000 times, with countless fans channelling the model's creative 'do.

Photos: Instagram

Photos: Mark Seliger/GQ

Droid rage

Care factor? Zero! "I would do it again," Amy admits.



And all that JAZZ...

After winning US *Dancing With The Stars*, Rumer Willis will be taking her skills to Broadway to play Roxie Hart in *Chicago*! Replacing Ray J's sister Brandy, the starlet's the latest in a long line of hotties to tread the boards in the hit musical – including Melanie Griffith, Brooke Shields, Ashlee Simpson and Christie Brinkley.

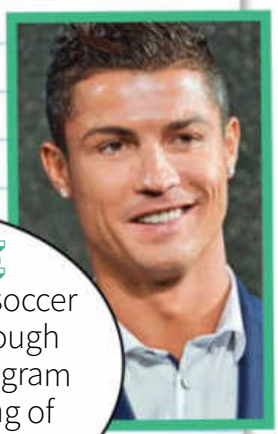
IT'S TIME TO SACK YOUR STYLIST, Lewis!

We're hardly surprised luridly dressed Formula 1 champ Lewis Hamilton was turned away from the Royal Box at Wimbledon earlier this month for defying its uber-strict dress code! His recent crimes against fashion have been horrendous!

What's more, we hear his friends have given him, er, a dressing down, begging him to fire his fashion advisors and aim for something a little more understated.

RUMOUR has it!

Cristiano Ronaldo is stalking Margot Robbie



TRUE

The Portuguese soccer star trawled through the Aussie's Instagram and liked a string of photos dating back to March!

A taxi driver has foiled a plot to kidnap Emma Watson

FALSE

Emma's rep says reports she came close to being held for ransom on the UK set of *Beauty And The Beast* are "unsubstantiated and untrue".

Lily Allen's hired a personal trainer – for her face!

TRUE

"Putting in hours @face_gym #tiring," she wrote on Instagram of the $170-per-hour facial workouts, which are said to work like a natural Botox.

WAIT! there's MORE!

Good looks runs in the family for Bella, Gigi, Joan, Erika, Kylie and Kendall – talk about designer genes!

Sister act!

Leaving their rivalries at the door, genetically blessed siblings Bella and Gigi Hadid, Joan and Erika Smalls, and Kylie and Kendall Jenner have teamed up for Balmain's latest fashion campaign. Shot by lauded lens man Mario Sorrenti, the results are nothing short of jaw-dropping! "[It's] a celebration of the unique and unconditional love of siblings," says designer Olivier Rousteing. Aw!

The Rollercoaster of Love

LOVE KEY

IN LOVE

NEEDS WORK

IT'S OFF

KATE & JAMIE

Following a string of jealous fights that culminated in "a blazing row", we're told Kate Moss and hubby Jamie Hince are living separate lives and haven't spoken to each other weeks. That doesn't sound promising...

DEMI & WILMER

Despite sharing a snap of bling on *that* finger, Demi Lovato denies she and her beau Wilmer Valderrama are engaged. "But if he asked tomorrow, I would say yes," she admits. Take a hint, buddy!

RITA & RICKY

After dating for a year, Rita Ora and Ricky Hilfiger – son of fashion designer Tommy – have split. "They both made the decision to call it a day due to their work schedules," spills a source.

Zoe's DATING HER DAD!

Zoe Kravitz new rumoured beau, muso Twin Shadow, looks so much like her rocker dad Lenny it's not even funny! Not that Zoe minds. The loved-up pair were all over each other on vacay in Miami this month!

BABE WATCH!

Jessica Simpson's looking better than ever – in fact, she could easily pass for iconic beach babe Pamela Anderson during her *Baywatch* days! From the busty bod to the doppelganger 'do, Jess had us doing a double take in her recent Instagram snap captioned, "Vacation Vibes." Sizzling!

FLASHBACK!

Like Pammy, Jess packs her own flotation devices

Photos: Instagram

Couture giant Chanel has been slammed for over-sexualising 16-year-old Lily-Rose Depp in Karl Lagerfeld's new *Lolita*-esque eyewear shoot – and we're told the young model's dad Johnny isn't too happy about it either! What's more, he's pointing the finger of blame squarely at her mum, former Chanel model Vanessa Paradis!

"Johnny's protective of Lily and isn't dealing well with her new grown-up image," spills an exclusive insider. "Vanessa's much more liberal about these things. This is going to be an ongoing issue."

Of course, Vanessa's no stranger to such controversy – she's copped heat herself for a series of racy shots taken in her teens.

Like mother, like daughter!

Teen Vanessa's the spitting image of daughter Lily

LILY'S Chanel-ling HER MUM!

Las
Lo

UNDER COVER

These pampered stars rely on the help to keep them sheltered under their 'umbrella, ella, ella, eh, eh, eh...'

Dakota Johnson and Rebel Wilson have a brolly good picnic on the New York set of *How To Be Single*

Staying dry between scenes isn't a Mission Impossible for Tom Cruise

Winter rain is coming and Kit Harington is not impressed

Josh Hartnett and Tamsin Egerton sure have a stormy relationship!

Don't expect a diva like Mariah Carey to be singing in the rain

Sofia Vergara thinks the wet stuff might be coming from over that way...

Watch out for Chris Evans's super sidekick Umbrella Boy – he's deadly!

Anne Hathaway won't let Les Miserables weather rain on her parade

SOFT SKIN NATURALLY

New Palmolive Body Polish contains real kiwifruit and apricot seeds which gently exfoliate for softer, radiant skin. The formula is infused with naturally derived super-fruit extracts containing antioxidant properties.

NW Needs, Wants, Buys!

Check out this week's best new products!

CLEAN WITH THE EXPERT

Make your kitchen sparkle with the latest creation from Pine O Cleen – Kitchen Expert with Pomegranate Blossom. Its Total Shine System gives you ultimate grease cutting for a brilliant shine. RRP $4.99. Available at all leading supermarkets.

Visit pineocleen.com.au

SIMPLY DELICIOUS

Enjoying a winter's night in? New Campbell's Simply Soup is the simplest way to have a delicious meal packed with vegies. Try all four varieties, each offering up to six serves of vegies delivered in one deliciously smooth, simple soup. Proudly made in Australia. Available at your local supermarket.

Visit campbellskitchen.com.au

IT BURNS WHEN I WEE – HELP ME!

The most common UTI (urinary tract infection), cystitis, can be painful. Don't worry! Ural can provide fast, effective relief from the burning symptoms.

Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. ASMI 24521-0215

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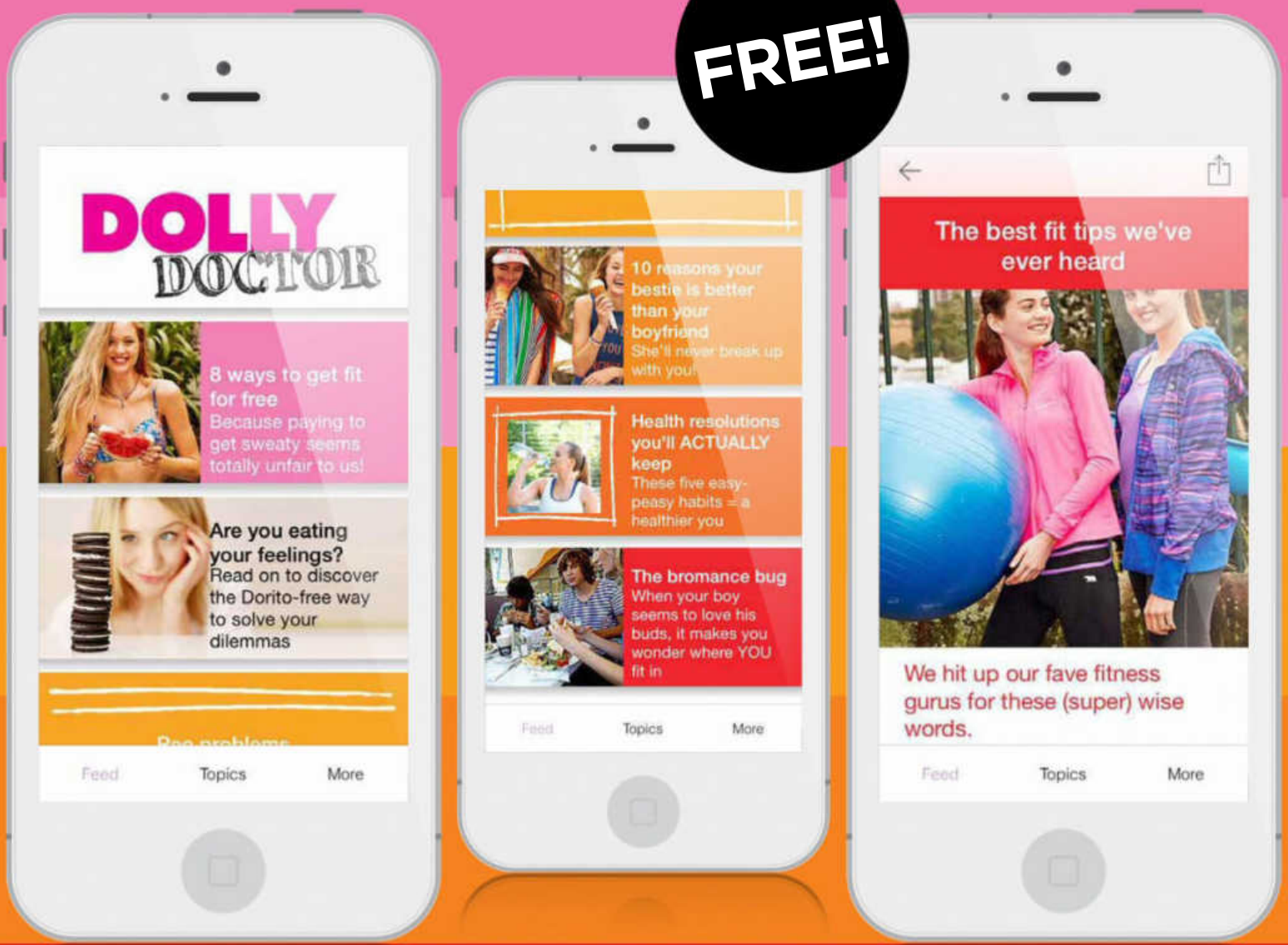

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